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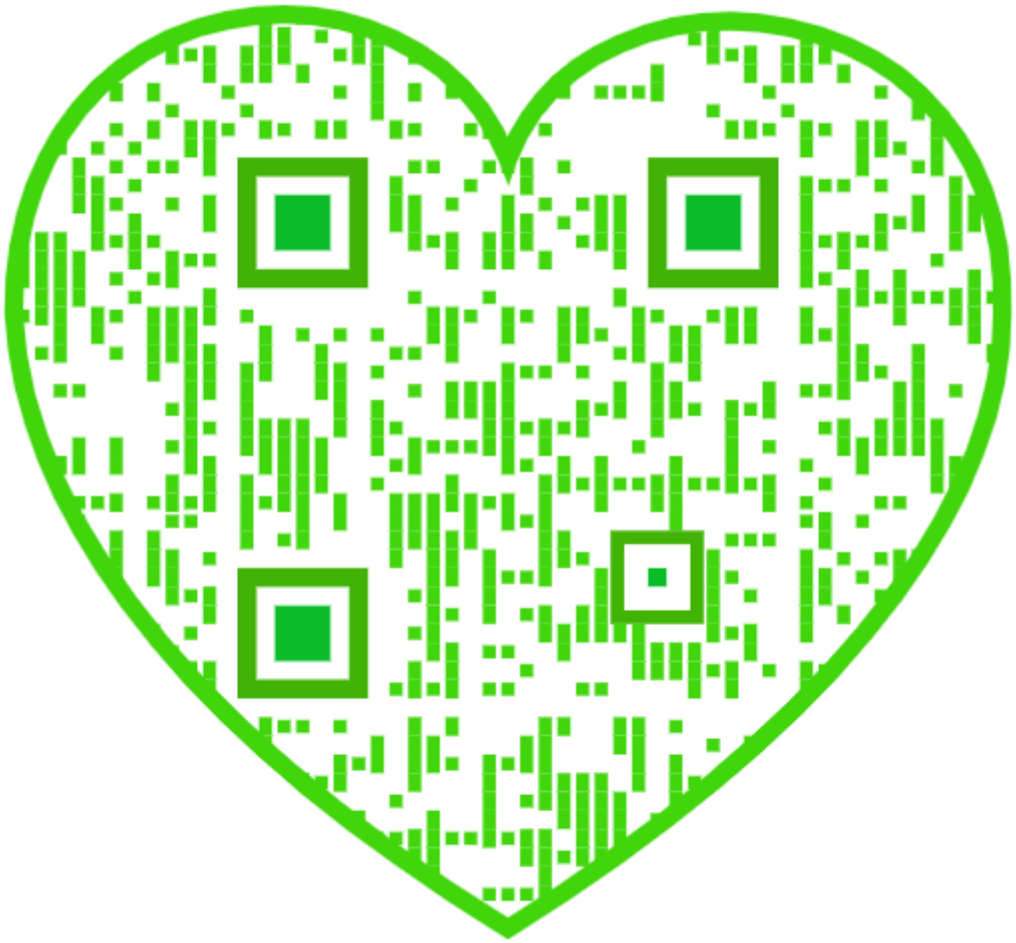
Balanced Meals

WITH RECIPES

LAKE VIEW WOMAN'S CLUB



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Balanced Meals

With Recipes

FOOD VALUES
DRYING AND COLD PACK CANNING
MENUS, WITH AND WITHOUT MEAT,
BOX LUNCHEONS

By Members of the
LAKE VIEW WOMAN'S CLUB
2732 HAMPDEN COURT
CHICAGO

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LAKE VIEW WOMAN'S CLUB

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Oak Street

THE Economics Department of the Lake View Woman's Club offers this book for sale for the benefit of the Club's Committee for the Aid of the Blind. This Committee administers a Friendly Fund, from which loans are made without interest to deserving blind people, in order that they may be established in suitable occupations and become self-supporting.

MRS. E. T. COOKE, *Chairman.*

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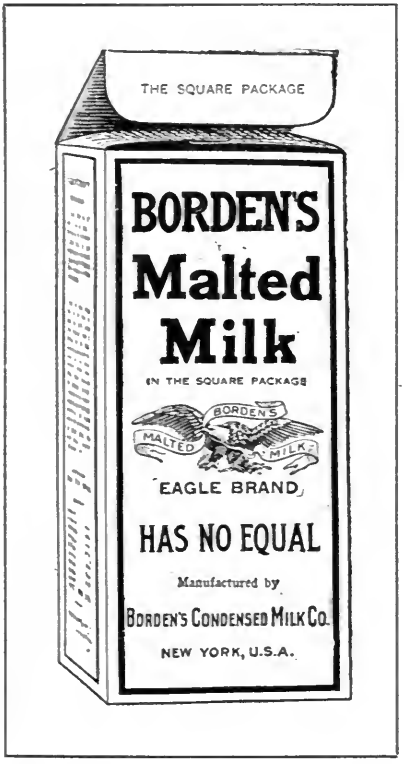
TABLE OF CONTENTS

		Pages
1.	Food Values	7
2.	Drying, and Cold Pack Canning	11–13
3.	Menus, with meat, without meat, box luncheons	15–19
4.	Soups and Chowders	20
5.	Fish and Shellfish	26
6.	Meats and Poultry	33
7.	Vegetables and Meatless Dishes	46
8.	Salads and Relishes	59
9.	Sandwiches and Sandwich Fillings	72
10.	Bread, Muffins, Rolls, etc	75
11.	Cake, Cookies, Doughnuts, Gingerbread, etc	89
12.	Puddings and Pastry	120
13.	Ices and Desserts	140
14.	Jellies and Pickles	156
15.	Left-overs	168
16.	Miscellaneous	180

"Every housewife who practices strict economy puts herself in the ranks of those who serve the Nation."

—President of the United States.

Three Strong Points *of* Superiority



1st. It contains a larger percentage of milk and less cereal, therefore produces less maltose and is not as sweet as other brands.

This has four advantages:

a—It is more palatable, especially to invalids, who almost invariably object to sweets.

b—It has far less tendency to nauseate.

c—It will not ferment, or cause disturbing gases.

d—It is more soluble.

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ALL ABOVE POINTS ARE PECULIAR TO

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MALTED MILK

In the Square Package
Once Tried Always Used

Food Values

A balanced ration is that food which keeps the individual 100 per cent efficient mentally and physically. This varies with different people because of their bodily structure, occupation and climatic conditions, but a few facts about food values may prove of assistance to the caterer of the household.

Each meal need not be a balanced one but it is necessary that certain elements, in certain quantities, and in certain combinations should form the daily ration. Protein, starch, sugar, fat, mineral salts, cellulose and water enter into the composition of human food, repairing, energizing and warming the body.

The proteins are the structure builders, therefore are needed for repair work. They form a large part of the grains, the legumes, nuts, cheese, the white of the egg and lean meat. Scientists have found that much less protein is required than is generally consumed by people of meat-eating nations, and that there is danger in eating an excess of protein, as the body has no provision for storing it for future use as it stores the starches in the liver and both the starches and fats in the adipose tissue. Protein not needed for repair work must be burned up in the system and part of the resulting ashes are solids which increase the burdens of the eliminative process and probably have much to do with the causes of rheumatism, etc. On the non-meat ration one is not as likely to overeat of the vegetable proteins because the savoriness of the meat is lacking.

Starches enter into the composition of nearly all vegetable foods. Cereals, breadstuffs and legumes are seventy-

five per cent starch. It is necessary to cook starches well so that the granule may burst its cellulose covering and be ready for the action of the saliva.

The sugar of fruits requires no digestion, but cane and maple sugars need the action of the intestinal juices to prepare them for absorption into the human system.

Fats are of two kinds, those of animal origin such as lard, suet, fat meat, cream, butter and eggs, and the vegetable fats which are found in the various nuts, in olives, and in the grains, especially oats and corn.

The mineral salts form a small part of the food in weight but are very important to the health. These salts are vital in the work of building up the bones, contribute to the fluids of the body and stimulate the nerve action. Salts are found in the cereals, a small amount in vegetables, and in most fruits. In cooking vegetables a small quantity of water should be used and the water preserved so that all the valuable salts may be retained.

Cellulose represents the great bulk of all vegetables and fruits. Only thirty per cent of it is digested, but is necessary because it gives bulk to the food thus assisting in the work of the intestines. It is also valuable in that it helps to satisfy the appetite, thus keeping us from eating an excess of proteins or starches.

The vitamines are as yet only vaguely understood, but it has been clearly shown that such substances exist in fresh uncooked food and that much of their value may be destroyed by certain cooking processes. Canned foods have lost some of them and highly prepared cereals lack them. This can be made up by always serving some uncooked vegetable or raw fruit daily.

Pure milk, which is not refined and from which nothing is removed, is in itself a very valuable food. The raisin is almost a complete food. There is a deficiency in protein

but it is rich in all the organic salts, and cooked with breakfast cereals, bread or muffins it is of great value.

The calorie value of food must also be taken into consideration. The term calorie is used to express the fuel value of foods. Starches, sugars and fats are the food elements which serve as the body's fuel. Science has discovered that man's needs vary from that of the average business man at 2,500 calories a day to that of the man engaged in an occupation requiring great physical strength at 5,000 calories. It is well to know that of all meats pork has the greatest fuel value in most of its cuts. Mutton, beef, lamb and veal are of fuel value in the order named. Goose has over four times the calorie value of chicken, and twice that of any other fowl. Even meat soups have very little fuel value, but vegetable soups are rich in mineral salts. Fish, with the exception of salmon, is low; eggs are not high; butter is very high; oysters and shellfish are very low. All flours, meals and cereals are high, oatmeal ranking highest. Most vegetables and fruits are low, but nuts are high. Sugar, honey and chocolate are extremely high.

The question of food combinations is highly important because it has been determined that all foods give rise either to acids or bases, and that the acids should be counteracted by a sufficient quantity of bases or alkalies to neutralize them. The acid-forming foods are the starches, the fats, animal proteins, and all sugars except honey and fruit sugars. The alkali foods are the fresh vegetables except the starchy ones, most fruits, especially those which are strong in mineral salts, milk and barley.

Therefore the balanced ration means that combination of foods in which the acids are entirely balanced by the alkalies and a selection of such foods as will furnish the proper amount of protein for the repair work, and will have the required calorie or energy making value, and the mineral matter necessary in regulating the body processes.

The following simple menus, which are planned for one person, meet the above requirements:

BREAKFAST

One apple, banana or orange; three-fourths of a cup of cooked cereal; one-fourth cup of cream; two teaspoons of sugar; one slice of bread; one square of butter; one egg or two ounces of meat, fish or poultry.

DINNER

One-fourth pound of meat or other protein food; one medium-sized potato; three ounces of another vegetable (non-starchy); several stalks of celery; one slice of bread; one square of butter; one portion of steamed apple or other fruit pudding, with sauce.

SUPPER

One portion of a creamed dish; one serving of rice; one slice of bread; one square of butter; one large slice of cake, with frosting.

THE UNITED STATES GOVERNMENT ASKS—

That we encourage good food habits.

That we discourage finicky tastes.

That we avoid serving a great variety at one meal.

JOSEPHINE VAN MEENEN.

Drying Fruits and Vegetables

Drying is the oldest method of preserving vegetables, fruits and meats.

It stops decay in its early stages and prevents it later on. It should be done at a very low temperature, as flavors and odors pass off and volatilize at even moderate temperature. Therefore, properly dehydrated fruits and vegetables retain all the vitamines, minerals, and other good qualities of fresh food, as well as imprisoning their delicate flavor and fine bouquet.

Articles to be dried must be clean and fresh. Scrub vegetables and prepare. If a steel knife is used it must be clean and bright. Slice evenly, in the case of large fruits and vegetables. Vegetables should be blanched, using the same method as for cold pack canning. The blanching time for green, lima and string beans is six to ten minutes; peas, six minutes; corn on cob, five to ten minutes; spinach, parsley and other herbs, four to six minutes. Remove from cold water and dry between cloths or by exposure to the air for a few minutes before placing in drier. Any green vegetable can be dried. There are different methods of drying: sun, electric fan, oven, with open door, and on a tray over hot air. The essentials are a good circulation of clean air, and a temperature of between 110 and 145 degrees. Begin with a low temperature and increase gradually. In the case of delicate fruits the temperature should go no higher than 120 degrees. Dry fruits on a cloth, as they should not come in contact with metal, and will stick to paper. It is impossible to give accurate figures as to the length of time it will take. When dry pieces will be

leathery and pliable. In drying corn, which is the hardest of all vegetables to can, Dr. Gore of the U. S. Bureau of Chemistry says: "Only very young and tender corn should be used for drying, and should be prepared immediately after gathering. Cook in boiling water, two to five minutes, long enough to set the milk. Cut kernels from cob with sharp knife, taking care not to cut pieces off cob. Spread thinly on trays, and place in position to dry; stir occasionally." If corn is put into a thin boiling syrup, after being cut from cob, then dipped out and spread to dry, it is much improved. All food must be stirred or turned occasionally while drying.

The storage place of dried foods must be dry. To keep well, all products should be "conditioned" for a few days after leaving drier, and returned to drier if found to be moist. "Conditioning" consists in pouring from one container to another at intervals during three or four days.

BERTHA L. MCLEAN.

Cold Pack Canning

Cold Pack Canning Is the Result of an Effort to Standardize Recipes

Required: A clean wash boiler or new galvanized can with close-fitting cover.

A wooden rack to fit the bottom of boiler, to keep jars from touching the bottom and to allow for circulation.

Wire frames to hold jars. A frame to hold a single jar is most convenient. A lifter or wire potato masher to lift jars from boiler.

No special type of jar is required.

Rubbers must be new and covers perfect.

Boil old tops in baking soda and water before putting away, and in vinegar before using again.

Wash all fruits and vegetables thoroughly. *Be sure they are clean and fresh.*

Blanch vegetables by putting in colander, wire basket or cheesecloth bag, immerse in boiling water, closely covered, the required number of minutes. Then dip in cold water.

Sterilize jars, rubbers and tops by boiling for five minutes.

Stand jars in hot water while filling. Be sure there is no draft, it will crack the jars.

Pack jars and finish filling with hot water and seasoning, except for tomatoes and fruit.

Tomatoes should not have water added, fill jars completely with juice, season with salt.

Fill fruit jars with thin, medium or thick syrup, as desired. A thin syrup is made by boiling three quarts of water with one pound sugar for ten minutes. A heavy

syrup is made by boiling three and a half quarts water with two pounds sugar. Do not waste by allowing it to overflow the cans.

Place rubbers and tops in position. Screw tops on tight, then turn back one-quarter round to loosen. Tightly screwed covers will crack jars. Fill boiler with water enough to cover jars at least two inches. Place jars on rack before water is too hot.

Do not begin to count time until water boils hard, and keep it boiling hard for the required time. Then remove jars.

Tighten covers and examine for leaks. Invert jars. Cover with dry towel to avoid draft.

If leaks are found change rubbers and boil again for ten minutes. Wrap jar in paper and store in a cool, dry place.

TIME-TABLE FOR BLANCHING AND STERILIZING

Blanch apricots, peaches, citrus fruits, apples and pears from one to two minutes, to remove skins easily. Other fruits require no blanching. Spinach and all greens should be blanched from ten to fifteen minutes; tomatoes, two minutes; corn on cob, eight minutes; asparagus, two to four minues; beets, six minutes; lima or string beans or peas, five minutes. All fruits are cooked in the sterilizer sixteen minutes after the water begins to boil hard, except apples and pears, twenty minutes, and pineapples, thirty minutes. The time for asparagus and beets is one and one-half hours; spinach, beans and peas, two hours; corn, three hours; tomatoes, twenty-two minutes.

BERTHA L. MCLEAN.

BALANCED MENUS FOR DECEMBER, JANUARY AND FEBRUARY

BREAKFAST

With Meat	*Without Meat*
One-half grape fruit.	Oatmeal with dates.
Country sausage with	Poached egg on toast.
Bread griddle cakes.	

LUNCH OR SUPPER

Creamed chipped beef.	Cream of tomato soup, cheese straws.
Baking powder biscuit.	Hot raised biscuit.
Fruit pudding.	Perfection salad.

DINNER

Pot roast of beef.	Nut loaf.
Hashed brown potatoes.	Baked potatoes.
Savoy cabbage.	Cabbage and celery salad.
Dutch apple cake.	Pumpkin pie.

BREAKFAST

Bananas with cereal.	Apple sauce.
Philadelphia scrapple or,	Coffee cake.
Fried mush with bacon.	Codfish balls.

LUNCH OR SUPPER

Ham patties.	Cream of celery soup.
One egg muffins.	Cheese soufflé.
Tomato relish.	Spice cake with fudge frosting.
Orange cake.	

DINNER

Baked pork chops.	Baked white fish.
Fried apples.	Mashed potatoes.
Baked sweet potatoes.	Brussels sprouts and chestnuts.
Cabbage and celery.	
Raisin puffs.	Ambrosia.

BREAKFAST

Oranges.	Figs.
Waffles.	Bread omelet.
Broiled ham.	Corn muffins.

LUNCH OR SUPPER

Corned beef hash, sauce tartare.	Salmon puffs.
	Nut bread.
Bran muffins.	Sliced canned pineapple.
Butterscotch pie.	Spice cake.

DINNER

Chicken en casserole.	Baked beans.
Boiled rice.	Brown bread.
Corn fritters.	Tomato relish.
Apple roll.	Floating island.

MENUS FOR MARCH, APRIL AND MAY

BREAKFAST

With Meat.	*Without Meat.*
Stewed prunes.	Baked apple.
Oatmeal bread.	Cereal.
Hamburg steak.	Tomato omelet.

LUNCH OR SUPPER

Fricatelli.	Rice aspic.
Tomato jelly.	Orange and Bermuda onion salad.
Graham bread.	Raisin brown bread sandwiches.
Lemon cream pudding.	

DINNER

Goulasche, fried noodles.	Scalloped oysters.
Young onions.	French fried potatoes.
Cabbage relish.	Buttered beets.
Washington pie.	Russian loaf.

BREAKFAST

Radishes.	Orange marmalade.
Bran muffins.	Creamed fish on toast.
Bacon and eggs.	Parker House rolls.

LUNCH OR SUPPER

Corn chowder.	Oyster bisque.
Rissoles.	Delicious salad.
Whole wheat bread.	Brown bread sandwiches.
Orange cream.	Salted nuts.

DINNER

Casserole dinner.	Tomato bouillon with crackers.
French artichokes.	Boiled fish, egg sauce.
Bishop whipple.	Potato pancake.
	Fig apple jelly, sponge cake.

BREAKFAST

Strawberries with powdered sugar.	Strawberries on shredded wheat biscuit.
Puffed rice.	Scrambled eggs.
Creamed ham.	
Baking powder biscuits.	

LUNCH OR SUPPER

Luncheon spaghetti.	Fish en coquille.
Creamed young onions.	Piccalilli.
Stewed rhubarb, gingerbread.	Oatmeal bread.
	Chocolate pudding.

DINNER

Ox-tail soup.	Cream of spinach soup.
Escalop royale.	Omelet with asparagus tips.
Mashed potatoes.	Scalloped potatoes.
Asparagus with butter dressing.	Radishes.
Mrs. Peirce's rice dessert.	Puff pudding.

MENUS FOR JUNE, JULY AND AUGUST

BREAKFAST

With Meat	*Without Meat*
Radishes.	Stewed rhubarb.
Quick rolls.	Cornbread.
Frizzled beef on cream toast.	Baked eggs.

LUNCH OR SUPPER

Cold tongue, rhubarb jelly.	Cheese soufflé.
Young onions.	Lettuce with mayonnaise.
Brown bread.	Muffins.
Nut cream, cookies.	Fresh cocoanut pie.

DINNER

Boiled beef, horseradish sauce.	Fresh vegetable soup.
Boiled potatoes.	Baked salmon, cream gravy.
Cauliflower in cream.	Baked potatoes.
Fruit tapioca.	Baked eggplant.
	Strawberry sponge.

BREAKFAST

Raspberries.	Sliced pineapple.
Cereal.	Cornflakes.
Ham soufflé.	Blueberry muffins.
Corn muffins.	Soft boiled eggs.

LUNCH OR SUPPER

Chicken and rice croquettes.	Potted fish, garnished with parsley.
Green peas.	Lettuce with cottage cheese balls, mayonnaise.
Graham bread.	Berries with cream, hermits.
Cherry pudding.	

DINNER

Baked pork tenderloin.	Cream of asparagus soup.
New potatoes in cream.	Spanish rice.
Banana salad.	Green peas and carrots.
Lemon sherbet.	Chocolate parfait.

BREAKFAST

Cantaloupe.	Apricots.
Broiled mutton chop.	Puffed rice.
Virginia spoon bread.	Creamed hard boiled eggs on toast.

LUNCH OR SUPPER

Mrs. Sinclair's spaghetti.	Cream of carrots soup.
Cucumbers, sour cream dressing.	Potato salad.
Sliced peaches, white cake.	Stuffed cantaloupe.

DINNER

Pot pie with dumplings.	Broiled white fish.
Summer squash.	Mashed potatoes.
Vegetable salad, French dressing.	Sliced tomatoes with mayonnaise.
Honeydew melon.	Spanish cream.

MENUS FOR SEPTEMBER, OCTOBER AND NOVEMBER

BREAKFAST

With Meat	*Without Meat*
Pears.	Peaches.
Ham omelet.	Cereal.
Corn muffins.	Green corn griddle cakes, maple syrup.

LUNCH OR SUPPER

Chop suey.	Baked tomatoes stuffed with rice and green peppers.
Boiled rice.	
Olive oil pickles.	Peanut butter sandwiches.
French fruit salad.	Cream layer cake.

DINNER

Beef loaf.	Salmon loaf No. 2.
Creamed potatoes.	Potato puff.
Corn on cob.	Stuffed cucumber salad.
Hot day dessert.	Baked pears, spice cake.

BREAKFAST

Grapes.	Plums.
Corn bread.	Cornflakes with cream.
Bacon and sweet potatoes.	Fish cakes.

LUNCH OR SUPPER

Cold roast beef, cherry pickle.	Hard boiled eggs, tomato sauce.
Scones.	
Fig pudding No. 2.	Spanish buns.
	Fruit salad.

DINNER

Chicken pie.	Baked halibut.
Baked sweet potatoes.	Mashed potatoes.
Lettuce with Thousand Island dressing.	Lima beans.
	Apple pie, cheese.
Suet pudding.	

BREAKFAST

Fresh grape juice.	Bananas with orange juice.
Corn bread.	Broiled salt mackerel.
Chipped beef with tomato sauce.	Muffins.

LUNCH OR SUPPER

Cream of chicken soup, with rice.	Toasted cheese fingers.
	Russian salad.
Tomato, stuffed with cabbage salad.	Ginger pears.
Cup Custard.	

DINNER

Mexican beef loaf.	Fried Oysters.
Stuffed baked potatoes.	Riced potatoes.
Cauliflower au gratin.	Corn relish.
Banana short cake.	Celery in cream.
	Baked Indian pudding.

MENUS FOR BOX LUNCHEONS

1. Whole wheat bread with filling of potted ham. Pepper and nut sandwiches. Chocolate layer cake. White grapes. Salted peanuts.

2. Baked bean and brown bread sandwiches. White bread with cottage cheese and chopped nuts. Ripe olives. Spice cake. Apples. After dinner mints.

3. Stuffed rolls. Oatmeal or whole wheat bread with orange marmalade. Nut tea cakes. Sugared hazel nuts. Malaga grapes.

4. Sandwiches of white bread and jellied meat loaf. Olives. Nut bread and butter sandwiches. Sponge cake. Bananas. Cheese straws.

5. Oatmeal or whole wheat bread with chopped hard boiled egg and mayonnaise. White bread with peanut butter and chopped dates. Banbury tarts. Candied orange straws.

6. Sliced chicken or veal sandwiches. Stuffed celery. Oatmeal or whole wheat bread with chopped nuts and olives. Dates filled with fondant, rolled in granulated sugar.

7. White bread, with sardine and cucumber filling. Whole wheat or oatmeal bread sandwiches with chopped dates and cottage cheese. Hermits. Oranges.

8. White bread, spread with finely minced corn beef, the opposite slice with sauce tartare. Raisin brown bread and butter. White cake. Candied ginger.

9. White bread, filled with nuts, cheese and mayonnaise as for cheese balls. One slice whole wheat, one slice white bread, with conserve filling. Ginger bread. Apples.

10. White bread with potted tongue, or fish. Stuffed olives. Brown bread with lemon cream filling. Devil's food. Pulled figs.

11. White bread and chipped beef sandwich. Whole wheat bread spread with mayonnaise, filled with sliced bananas and chopped peanuts. Cream cake. White grapes.

12. Small baking powder biscuit, split and spread with creamed minced ham. Cucumber pickles. Deviled olive sandwiches. Chocolate crullers. Apples. Salted nuts.

SOUPS AND CHOWDERS

OYSTER BISQUE

One quart oysters, one quart milk, one small cup cracker crumbs, one tablespoon butter, rubbed into one teaspoon cornstarch, pepper and salt. Drain oysters, chop fine, heat juice, add chopped oysters, boil three minutes, put through sieve. Heat milk in double boiler, add crumbs, cornstarch and seasoning, lastly the oyster soup.

Mrs. E. T. Cooke.

TOMATO BOUILLON

One can tomatoes, one cup water, twelve peppercorns, bit of bay leaf, four cloves, two teaspoons sugar, one onion sliced. Cook twenty minutes. Strain and add one teaspoon salt, and one-eighth teaspoon soda (be careful not to get too much soda). In another dish cook two tablespoonfuls butter, and three level tablespoons flour. Then pour the liquid on the roux slowly.

Mrs. J. M. Coen.

CORN CHOWDER

One-quarter pound salt pork in thick slice, cut and fried with two medium onions until nicely browned. Add three medium sized potatoes, or one pint cubed, cover with water, just enough to cook the potatoes until they are almost done, not soft. The water must be nearly ab-

sorbed. Add one quart of new milk and one can of corn, or one quart green corn. Let boil five minutes, serve with crackers; season well, or to taste, with salt and pepper.

Mrs. Martin Madson.

FISH CHOWDER

Parboil a good sized fish (pike is preferable) in fresh water and remove the bones, slice an equal quantity of potatoes. Put chopped salt pork in the bottom of the kettle, and fry brown; cover with successive layers of fish, potatoes and milk crackers until the kettle is nearly full. Add enough water to boil the whole for thirty minutes.

Mrs. Martin Madson.

BAKED CUSTARD FOR SOUP

Three eggs, one pint milk; season with white pepper, salt, chopped parsley, Worcestershire sauce. Bake in oven and when ready, cool, cut in cubes, and serve in hot bouillon.

Mrs. Charles J. Tonk.

FARINA DUMPLINGS FOR SOUP

Put one-half pint milk and one ounce butter to boil. Sift into it two ounces farina, stirring constantly. It must be stirred until the whole mass has been loosened from the stew pan. Remove from the fire, let cool a little, then beat in, one at a time, the yolks of two eggs, season with salt and a grate of nutmeg. Stir in the well-beaten whites by means of a teaspoon which must first be dipped into the boiling broth; cut into oblong dumplings and drop into the boiling broth, cover and boil ten minutes.

Mrs. J. B. Meyer.

SOUP BALLS

These are nice with any clear soup. Rub one tablespoon butter to a cream and mix with the yolk of one egg; add one-quarter teaspoon each of salt and nutmeg, one teaspoon chopped parsley, three tablespoons grated bread crumbs, and the stiffly beaten white of the egg. Form into balls and boil seven minutes in the soup. This will make ten balls.

MRS. MARTIN MADSON.

HUNGARIAN BUTTERNOCKERLN

Large beef rump bone, two pounds lean mutton. Wash thoroughly, and put over a slow fire with sufficient cold water to cover, cook slowly until meat is ready to fall to pieces, strain and set aside to cool. When cold remove the grease (which, being part suet, makes good shortening to mix with butter for cookies, the meat is good for hash). Heat the broth and when boiling, drop in dumplings, made as follows: one teaspoon butter creamed very light, break in one egg and beat thoroughly, then gently stir in cracker crumbs sufficient to make light dumplings, being very careful not to make them too stiff; salt to taste. Separate this into three parts, grating a little nutmeg over each. Boil five minutes.

MRS. E. T. COOKE.

CREAM SOUP

Any beans or peas cooked until tender with a bit of onion to flavor, and mashed through a colander. To each cup pulp add three cups hot milk, salt and oil or cream to season. Thoroughly beat in an egg the last thing. Serve hot.

MRS. E. T. COOKE.

CREAM OF CORN SOUP

One can corn, one-half teaspoon sugar, one slice bacon, one small onion, one carrot, one cup cream, one pint milk, pepper and salt. Boil corn, carrot, sugar, bacon and onion down in one pint water. When soft, put through strainer and add to cream, milk, pepper and salt. Boil about three minutes.

MRS. JAMES W. BUELL.

OX-TAIL SOUP

Two ox-tails, one large onion, one tablespoon salt, one tablespoon mixed herbs, four cloves, four peppercorns, one tablespoon beef drippings, four quarts cold water. Wash and cut up the ox-tails, separating them at the joints. Cut the onion fine and fry in the hot beef drippings. When slightly browned, draw the onion to one side of the pan, and brown half of the ox-tails. Put the fried onion and ox-tails in the soup kettle, and cover with four quarts of cold water. Tie cloves, peppercorns and herbs in a small piece of strainer cloth, and add them to the soup. Add the salt, and simmer three or four hours. Select some of the nicest joints to serve with the soup. Skim off fat, strain, and serve very hot. If vegetables are served with the soup, chop fine or in fancy shapes one pint of mixed vegetables and boil twenty minutes or until tender.

MRS. JOSEPH FRANK.

POTATO SOUP

One scant cup mashed potato, one pint milk, one teaspoon chopped onion, one-half teaspoon salt, one-half teaspoon celery salt, one tablespoon butter, one tablespoon

flour. Boil onion in milk, add flour, potato and seasoning. Let it come to a boil.

Mrs. J. Henry Truman.

SOUP STOCK

Take clean, lean meat, put in cold water; one quart of water to one pound of meat. Heat gradually to the boiling point; simmer slowly seven or eight hours. Season with pepper and salt; cool, skim, strain and set away. This makes a foundation for any kind of soup.

Mrs. Martin Madson.

SPLIT PEA SOUP

One ham bone, one carrot, one onion, one pint split peas. Soak the peas over night, and in the morning put on to cook with the ham bone, the carrot and onion sliced, and two quarts of water. Simmer for three hours, then pass through a puree sieve, season with salt and pepper. It is good just this way, but is greatly improved by the addition of a pint of milk, and when served at luncheon in bouillon cups, a spoonful of whipped cream, and a sprinkle of chopped parsley add to taste and appearance.

Mrs. S. D. Snow.

VEGETABLE SOUP

One large beef soup bone, one medium soup bone (veal), three or four onions, bunch parsley, English and German celery, leek, one or two parsnips, string beans and carrots. Scrub and dice vegetables but do not peel. Cook over slow fire several hours. Skim off fat after it cools. Strain and add one can Campbell's tomato soup, and a dash of Worcestershire sauce. Heat and serve.

Mrs. Geo. J. Haas.

FISH AND SHELLFISH

BAKED CODFISH

One box codfish, six large potatoes. Soak codfish about three hours. Boil potatoes. Mash potatoes and codfish well together with one large lump butter, one pint hot milk, one egg. Beat all until light. Bake about forty minutes. Pour melted butter over. Cover with chopped hard boiled eggs.

Mrs. Bradley Buell.

CODFISH BALLS

One cup codfish cut fine, two cups raw potatoes cut small. Boil together until done. Drain and mash together. Have ready three eggs beaten light, add to mixture, beat all together, dip out with spoon and fry in hot lard a nice brown. Excellent.

Mrs. W. P. Dunn.

CRAB FLAKES, LE GUERE

One cup crab flakes, one level tablespoon butter, one level tablespoon flour, one cup milk, one tablespoon chopped pimento or green pepper, one egg hard boiled and chopped, salt and paprika. Cook all together about fifteen minutes, saving the yolk of the egg to be grated over the top when served.

Mrs. D. C. Prescott.

BOILED FISH

A square piece of halibut or salmon, weighing about two pounds, a piece near the tail is good. After washing carefully, place on perforated plate, and tie around it a cloth or string, with which to lift it out of the water. Have salted water simmering in kettle large enough to hold the plate, and cover the fish. Put in fish and simmer, uncovered, for half an hour. Take out, drain and serve on hot platter, with egg sauce.

Egg Sauce—One pint milk, scald in double boiler. Beat two eggs in pint bowl, with one-half teaspoon salt. Pour the scalding milk over, beat well, and return to boiler. Cook till it coats the spoon. One or two hard boiled eggs chopped, and stirred in carefully just before serving is an addition. Serve in gravy boat, powdered liberally with paprika. If any is left over, free the fish from skin and bones, flake, and add to the sauce, place in baking dish, or ramekins, cover with browned crumbs, and heat through in oven. MRS. S. D. SNOW.

BAKED HALIBUT

Place slices of halibut steak in pan, season with salt and pepper, cover with bread or toast crumbs, put a small lump of butter on each piece and pour in milk so as to fill even with top of fish, but do not disturb bread crumbs. Bake one hour. MISS VAN MEENEN.

HORSE RADISH SAUCE FOR BOILED PIKE OR MUSKALLONGE

No. 1

Grate one fresh horse radish root, add one level tablespoon sugar, one and one-half tablespoons vinegar, one

bottle whipping cream (not whipped). Serve with drawn butter.

Mrs. Charles J. Tonk.

HORSE RADISH SAUCE

No. 2

Whip sweet or sour cream until stiff, season well with salt, and stir thick with grated horse radish. Chill or freeze, and serve with cold or hot meats or fish.

Mrs. S. D. Snow.

OYSTERS WITH MUSHROOMS

One cup rich hot milk, one tablespoon butter, two teaspoons parsley, chopped, one teaspoon onion juice, one-half cup mushrooms, one teaspoon flour, one pint oysters, salt and pepper. Cook flour in one-half of the butter, and add hot milk. Boil until creamy and add the seasoning, onion juice, chopped parsley, and the remainder of the butter. Canned mushrooms added, and set over hot water ten minutes (if fresh, wash in cold water, drain, and simmer for ten minutes in the cream sauce). Five minutes before serving, add oysters which have been washed and drained. When oysters curl, they are done. Use double boiler for this dish, as it scorches easily.

Miss Allie F. Armstrong.

SCALLOPED OYSTERS

One quart oysters, four cups bread crumbs from the inside of a loaf of bread at least a day old, moisten with a half cup of butter, place in dish, alternating oysters and crumbs; before the last layer of crumbs add eight tablespoons of the juice from the strained oysters, finish with the buttered crumbs. Season to taste. Bake from twenty minutes to one-half hour.

Mrs. Martin Madson.

BAKED SALMON, CREAM GRAVY

One can salmon, boned and picked to pieces. Place one layer of salmon, one layer of bread crumbs in two-pint dish, season with salt, pepper and bits of butter, so on, till all is used up. Cover the last layer with cracker crumbs, pour over this one cup sweet milk. Bake twenty minutes.

Cream gravy: Put in a stew pan one tablespoon butter, when hot stir one small tablespoon flour into this and pour on milk until it thickens like cream, add one cup peas, or one can, season with salt and pepper, pour over salmon. Delicious.

Mrs. Martin Madson.

MOLDED SALMON WITH CUCUMBER DRESSING

Two large cans fish, remove bones and skin, flake up. Mix together three-quarters tablespoon mustard, three-quarters tablespoon salt, or less, three tablespoons sugar, or less, yolks of five eggs, one and one-half cups thin cream, three-eighths cup Tarragon vinegar. Cook until custard, adding vinegar last, and taking great care that it does not boil. Remove from fire and add one tablespoon granulated gelatine which has been dissolved in three-eighths cup cold water. Stir fish into this and then turn into mold—one large, or individual ones which have been wet in cold water, and let stand on ice over night. Turn onto bed of lettuce and serve with dressing. (Tuna may be used with the salmon, or alone.)

Dressing: Two cups cream, whipped stiff, two tablespoons Tarragon vinegar, three-quarters teaspoon salt, one-quarter teaspoon paprika, two cucumbers cut in dice added the last thing. All ingredients should be folded carefully into the whipped cream.

Miss Elizabeth E. Church

SALMON LOAF
No. 1

Two teaspoons sugar, two teaspoons salt, one tablespoon flour, one teaspoon mustard, paprika, yolks of four eggs, two tablespoons melted butter, one cup thin cream, one-half cup vinegar, one tablespoon gelatine soaked in two tablespoons cold water. Proceed as for salad dressing, cooking in double boiler. When done, add one can salmon drained and flaked, and put in mold to harden. Slice cold and serve with cucumber sauce.

Cucumber Sauce: Whip one cup of cream stiff; add salt, paprika, two tablespoons vinegar slowly, and one-half cucumber which has been chopped and drained.

Mrs. Lewis B. Sinclair.

SALMON LOAF
No. 2

One cup salmon, picked up, three-quarters cup cracker crumbs, one egg, one tablespoon Worcestershire sauce, about one tablespoon butter, pepper and salt. Mix well in a loaf, put in a buttered dish, and steam one-half to three-quarters of an hour. Serve with a cream sauce poured over the loaf.

Mrs. D. C. Prescott.

SALMON PUFFS

One pound can salmon, one tablespoon flour, one tablespoon butter, one cup milk. Melt butter, add flour and milk and cook until well blended. Take from stove, add salmon picked in small pieces and three well beaten eggs. Butter muffin tins and bake in pan of water three-quarters of an hour.

Mrs. James W. Buell.

SALMON TURBOT

One can salmon, six large crackers, rolled fine. Mix one tablespoon butter, one tablespoon flour, one pint milk, salt and pepper, boil and pour over fish and crackers. Bake twenty minutes. For four persons.

Mrs. J. Henry Truman.

SCALLOPED SHRIMPS

Two tablespoons melted butter, two tablespoons flour. season to taste with salt, pepper and celery salt; add to this two cups warm water, one pint celery chopped fine, two small cans or one large can minced shrimps. Cook all together in double boiler until tender. One pint bread or cracker crumbs soaked in melted butter. Put crumbs in bottom of twelve ramekins, then fish, and crumbs on top. Bake in oven twenty or thirty minutes.

Mrs. Harvey Grace.

BAKED WHITEFISH.

Have fish boned. Grease pan well, and lay fish inside up, after washing and drying. Sprinkle cracker crumbs over it, then pour the juice of a lemon. Half a teaspoon salt, pepper and paprika. Bake half an hour.

Miss Allie F. Armstrong.

MEATS AND POULTRY

BACON AND SWEET POTATOES

Boil, peel and cut in quarters lengthwise large potatoes. Skewer with toothpicks around each piece, a strip of bacon. Put in dish, add little water, cover dish and bake three-quarters of an hour.

Miss Elizabeth E. Church.

CURRY OF BEEF

Two pounds round steak cut into pieces, one-quarter cup butter, one and one-half tablespoons curry powder, two and one-quarter cups stock or water, three-quarters cup onions, chopped, one cup onions sliced thin, one and one-half teaspoons salt. Melt butter, add sliced onions, brown and remove. Add to butter in pan curry, minced onions, salt, meat and stock. Stew slowly one and one-half hours, then add sliced onions, cook five minutes longer. Serve with rice.

Mrs. William G. Cook.

BEEF LOAF

Two pounds round steak, one quarter pound salt pork, chopped. Two eggs, one cup bread or cracker crumbs, one and one-half cups milk. Bake slowly two hours.

Mrs. William G. Cook.

STEAMED BEEF LOAF

One pound round steak ground twice, one-quarter pound boiled ham, two eggs beaten, one-half cup bread crumbs, three tablespoons milk, salt and pepper. Steam three hours covered with oiled paper.

MRS. FRANK W. WERNER.

MEXICAN BEEF LOAF

Put meat through the meat chopper and at same time a small onion and medium sized green pepper with seeds taken out. There may be a pint. Moisten half the quantity of bread crumbs with milk or water. Season meat well with salt, add bread. If meat is not quite moist add more water or milk. Put in a casserole and bake. It is good to put some butter on top of meat, or canned or sliced tomatoes. Bake about forty minutes. Medium heat.

MRS. LOUIS J. HOTCHKISS.

CASSEROLE DINNER

Place in buttered casserole layer of round steak cut in pieces, season with salt, pepper, and a sifting of flour. On this put a layer of sliced onions which have been parboiled a few minutes. Salt, pepper, flour. Next a layer of tomatoes. Salt, pepper, flour. For top use potatoes cut in quarters. Salt, pepper and flour. Fill dish with water and bake slowly two or three hours.

MRS. WILLIAM G. COOK.

CHICKEN CASSEROLE

Joint the chicken as for fricassee. Have ready, in a deep frying pan, dripping or butter. Slice a medium sized

onion, and cut two small carrots into cubes. Brown them slightly in the fat and turn with the fat into the casserole. Mince sweet herbs—parsley, thyme and celery—and add to the rest. Now lay in the jointed chicken, sprinkle with two tablespoons chopped fat pork, and cover with strained soup stock. (If you have no soup stock on hand, buy a can of the brand of soup that costs 10 cents, heat, strain and use.) Fit the cover on the casserole and cook for one hour in a steady oven. Lift the cover then, and stir into the gravy a tablespoon tomato ketchup and a teaspoon kitchen bouquet. Lift the joints that the seasoning may sink to the bottom. Cover and cook steadily—never fast—for another hour. Pour off the gravy, thicken with browned flour, boil up and return to the casserole. Let all stand five minutes and send to table. Mushrooms added make it better.

Miss Elizabeth E. Church.

CHICKEN PIE

Two even cups flour, three even teaspoons baking powder, one heaping tablespoon lard or butter, one large cup milk. Stir with a spoon, and cover the following: cook a large, fat hen until you can remove the bones, season with butter, salt and pepper, make a thickened gravy, have plenty of it. Cook four eggs. Put chicken in large pan with gravy, slice the eggs over the top, spread dough over all and bake from fifteen to twenty minutes.

Mrs. Martin Madson.

CHOP SUEY

No. 1

One pound pork from shoulder, one pound veal from leg. Have butcher cut in three-quarter to one inch squares. Two cups celery cut in inch lengths, two cups onions cut in inch chunks, one tablespoon New Orleans molasses,

one teaspoon salt, two tablespoons flour. Put the meat in a kettle (no grease) and brown. Add all the other ingredients (don't mix flour with water) and enough water so you can just see it. Simmer for two hours and serve with boiled rice. Mushrooms may be added.

Mrs. J. M. Coen.

CHOP SUEY
No. 2

Two pounds round steak, one-quarter pound pork, one cup celery, one cup onions, two tablespoons dark molasses, pepper and salt to taste. Fry meat in butter very slowly for forty minutes; then put in celery, onions and molasses, and let fry ten minutes more. Put on this two tablespoons flour and mix thoroughly; almost cover with water and cook ten minutes more. Serve with rice.

Mrs. Harvey Grace.

DUMPLINGS FOR POT PIE

One egg well beaten, one-half cup very cold water, a pinch of salt, one heaping cup flour, one heaping teaspoon baking powder. Drop into pot pie a tablespoonful at a time, steam twelve minutes.

Mrs. Martin Madson.

EASY DUMPLINGS

Two cups flour, four teaspoons baking powder, two tablespoons shortening, one-half teaspoon salt, milk. Mix as for biscuits, and roll in small balls with floured hands. Place on top of the meat for twelve minutes. Do not remove the cover while they are cooking.

Mrs. Alexander McLean.

NEVER FAILING DUMPLINGS

Beat one egg in a cup. Fill cup with sweet milk. Stir in one pint of flour, one tablespoon melted butter, one pinch of salt, and one teaspoon baking powder. Drop from spoon on buttered dish or put spoonful in buttered cups and steam, tightly covered, one-half hour.

Mrs. W. P. Dunn.

FRICATELLI

One and one-quarter pounds raw fresh pork, salt and pepper, two small onions chopped fine, half as much bread (soaked soft) as meat, two eggs. Mix well together, make into patties and fry.

Mrs. William G. Cook.

GOULASCHE

Put one tablespoon butter in kettle, add large onion, chopped fine. Let onion brown. Cut into pieces about the size of the palm of the hand one and one-half pounds round steak, medium thick. Add to the onion, season with salt and paprika, add one cup tomato and two cups hot water. Let simmer for nearly three hours.

Mrs. E. M. Landis.

BAKED HAM

Soak over night in cold water, in which put: one heaping teaspoon soda, one-half cup vinegar, three tablespoons sugar. In morning cover with water, add one carrot, cut up, one onion, stuck with cloves, one apple, peeled and quartered, one teaspoon celery salt, one tablespoon allspice and mace, one-half teaspoon pepper, three tablespoons

vinegar. Bring slowly to boiling point, let simmer for five hours for twelve-pound ham. When done, peel off skin, rub over thickly with brown sugar, sprinkle with bread crumbs, crisp in hot oven for twenty minutes.

Mrs. E. B. Whitfield.

HAM BAKED IN SUGAR

Soak two hours in cold water a slice of ham cut about three inches thick. Put in big iron spider or casserole with brown sugar pounded well into bottom and one-quarter inch thick on top of ham. Cover with water and bake slowly three hours, covered.

Miss Elizabeth E. Church.

DELICIOUS BAKED HAM

Have slice of ham cut about three-quarters inch thick. Put in hot water and let boil slowly ten minutes. Pour off the water and sprinkle with a teaspoon of dry mustard and a tablespoon brown sugar. Bake forty minutes in a rather hot oven. Use any leftover for creamed ham or ham pattie.

Mrs. Louis J. Hotchkiss.

HAM WITH POTATOES AND ONIONS

Fit into a deep granite basin a slice of ham two inches thick, cover with alternate layers of thinly sliced potatoes and onions, preferably the Spanish onions and generously used, though not as many as potatoes. Cover with milk, add little pepper and bake, covered, very slowly, at least two and one-half hours.

Miss Elizabeth E. Church.

HAMBURG STEAK

One pound round steak, three tablespoons chopped parsley, one-quarter cup freshly grated horseradish, one tablespoon lemon juice, one-half cup cracker crumbs, salt and pepper to taste. Make in small cakes and brown in butter.

Mrs. Martin Madson.

KOENIGSBERGER KLOPS

One pound veal, without bone, one-half pound fresh pork, also without bone, one-half small onion, few sprigs of parsley, one egg, bread crumbs, pepper and salt. Put the meat, onion and parsley through food chopper, using medium knife; for bread crumbs, use one large slice stale bread and put that through the chopper last. Keep this separate and soak in as much water as it will absorb. Mix the meat, egg, seasonings, etc., in a bowl, add soaked crumbs, squeezed dry, and mix thoroughly. Wet the hands in cold water, and form into balls about as large as a small apple. Have ready a saucepan, with enough boiling water slightly salted, to cover the "klops," lay them in gently, and simmer, uncovered, for an hour. If they are covered, they will boil to pieces. Turn a few times in the water, that they may cook evenly. Take out of the water, put in a warm place, boil up gravy sharply to reduce, and add a thickening of one tablespoon flour, stirred to a paste with vinegar, and one tablespoon capers. Pour this gravy over the balls and serve.

Mrs. S. D. Snow.

BAKED LAMB CHOPS AU GRATIN

Sprinkle salt on chops. Put one thin slice of large onion on each chop, cover each with grated cheese and put one tablespoon sour cream on each. Add a little pepper. Set in pan with one-half cup water in bottom. Bake one hour slowly. Cover pan.

Mrs. Henry A. Obermann.

MEAT BALLS, PORK

One pound from neck or shoulder, chopped. Soak two slices bread in milk, add to meat with one well beaten egg, salt, pepper. If you like, a little celery salt, onion salt, or grated lemon peel. Mix lightly, and drop by spoonsful in hot bacon drippings. Cook rather slowly until well done, cover when about half done.

Miss Elizabeth E. Church.

MEAT LOAF, BEEF OR VEAL

No. 1

Two pounds meat, ground, two eggs beaten, one-quarter pound sausage, one cup milk, a little butter, one scant cup cracker crumbs, large teaspoon salt, some pepper, one-quarter, scant, teaspoon cloves. Mix lightly and put carefully in loaf tin, not packing down, as that makes it too solid and heavy. Four or five hard boiled eggs, laid in lengthwise when the meat is half in the tin, are an addition. Place pan in a dish of boiling water, and bake one and one-half hours. Rather narrow loaf makes more attractive slices. Good hot or cold. Tomato dressing may be added when serving.

Miss Elizabeth E. Church.

MEAT LOAF

No. 2

Two pounds round steak, one pound fresh pork, small can pimentoes, one small nutmeg, grated, one egg, three Uneeda biscuits, one large cup stewed tomatoes. Put meat and pimentoes through food chopper, then season well with salt and pepper and a dash of cayenne. Add tomatoes and egg. Mix thoroughly and strew crumbs of four Uneeda biscuits on molding board and form into loaf. Must be very moist. Bake in a large loaf pan for three-quarters of an hour, basting frequently with butter.

Mrs. John Sutcliffe.

BRAISED OX JOINTS

Two large ox tails (have them cut in pieces at the joints with a knife), one carrot, one onion, one turnip, a tablespoon minced parsley, a small bay leaf, large spoonful drippings. A closely covered iron pot, or Dutch oven, is best for this dish. Heat over fire, put in the drippings. Wash ox joints carefully, roll in flour, and lay in the hot fat. Cover tightly, and cook over a low fire, turning once or twice, for half an hour. Then add two cups boiling water, and simmer for four hours. Have ready the carrot and turnip cut in cubes, the onion minced. Put these with the parsley and bay leaf into the pot, and simmer for another hour. Season with salt and pepper. When ready to serve, if there is not considerable gravy around the meat, add more boiling water. Put in a saucepan one tablespoon drippings or lard, when melted add one tablespoon flour, allow to brown. Pour over this some of the boiling gravy, boil up, and add to the ox joints. Serve with small potatoes browned in the oven, or in deep fat.

Mrs. S. D. Snow.

BAKED PORK CHOPS

Heat oven first. Put chops, which are cut thick, double rib, in pan. Salt, no pepper. Bake slowly one hour and turn frequently.

Miss Allie F. Armstrong.

SPAGHETTI

One package Red Cross spaghetti. Boil in salted water thirty minutes. One can tomatoes, one onion cut small, one tablespoon Worcestershire sauce, one-half cup butter, three-fourths pound chopped raw beef, salt to taste. Cook all together three-quarters of an hour. Drain spaghetti, add to sauce. Place on platter to serve, sprinkle one-half pound grated American cheese on top, put in oven or on broiler one minute to melt. This will serve twelve people and is equally good warmed up a second time.

Mrs. Lewis B. Sinclair.

VEAL BIRDS

Veal steak, cut in strips two inches wide, four or five inches long, lay each strip on a strip of bacon, sprinkle with a little sage, roll and tie up. Brown all over in butter or bacon fat. Make a dressing of one quart milk, two tablespoons butter, one and one-half or two tablespoons flour, flavor with little nutmeg, cayenne, chopped parsley, grated lemon peel, salt. Pour into dish of browned veal, and simmer slowly two hours.

Miss Elizabeth E. Church.

VEAL AND HAM LOAF

Three and one-half pounds veal, one-half pound ham, cook together. Chop and add two eggs, one cup bread

crumbs, one teaspoon onion juice, salt and pepper, enough liquor to moisten. Put in pan and bake one-half hour. Baste with butter.

Mrs. E. B. Whitfield.

JELLIED VEAL LOAF

Two pounds veal, two pounds beef, boil till tender. Season with salt, pepper and mustard. One tablespoon gelatine, dissolved in little of the liquor, juice of one lemon. Put in mold with layers of hard boiled eggs.

Mrs. E. B. Whitfield.

VEAL LOAF

One pound fresh veal, one-half pound salt pork, chopped. Two well beaten eggs, bread crumbs to make a right consistency, one-half cup cream or milk, chopped parsley, one cut up onion, red pepper, one level teaspoon salt. Bake in deep pan for one-half hour. Lay a bay leaf or a slice of bacon on top. Drain out the bacon grease when found necessary.

Miss Allie F. Armstrong.

VEAL PATTIES

One pound raw veal, chopped. One cup fine cracker crumbs, one beaten egg, salt and pepper. Mix well, moisten with milk to form flat cakes and fry in butter or salt pork.

Mrs. J. Henry Truman.

VEAL WITH MUSHROOMS

Have a steak from the ham cut two inches thick. Pound into it one-half cup flour. Salt and pepper generously and

brown in bacon fat, cover with plenty of water, place cover on dish and simmer slowly two hours, turning occasionally. When done add mushrooms, more flour if necessary for gravy. Drain liquor from canned mushrooms.

Miss Elizabeth E. Church.

VEGETABLES AND MEATLESS DISHES

FRIED APPLES

Pare, cut in half, roll in flour and fry brown, then add a small cup of sugar, one cup Sherry, a few raisins, currants and a little cinnamon. Cover and simmer down. Stick a blanched almond in each piece of apple and serve with meat.

Mrs. J. B. Meyer.

FRENCH ARTICHOKES

Wash well, cut in half, take out the little thistle-like part near the bottom after they have been boiled thirty to forty minutes, according to size. Serve with melted butter, white sauce, or mayonnaise.

Mrs. L. H. Peirce.

FRIED BANANAS

One tablespoon butter, melted. When hot add three bananas cut in half, lengthwise. Brown on both sides, add one tablespoon lemon juice, cover and steam for ten minutes. If for a dessert, add one tablespoon sugar and one tablespoon orange juice.

Mrs. L. H. Peirce.

TO SCALLOP BANANAS

Cut in one-quarter inch slices, butter a pudding dish well, put in a layer of bananas, a thin layer of fine bread

crumbs, sprinkle with sugar, add pieces of butter, a little lemon or orange juice, repeat. Bake thirty minutes.

Mrs. L. H. Peirce.

BAKED BEANS
No. 1

Soak over night one pound navy beans and one teaspoon baking soda. In the morning boil about ten minutes in the same water, which will be green after boiling. Skim well, turn off the water, and replace with cold water, washing beans well. Drain. Into a beanpot or earthenware baking dish put one small onion, then some of the beans and a little salt and pepper, and some slices of salt pork (one-half pound will be required). Continue until beans and pork are used, but no more onion. Take two tablespoons molasses or dark brown sugar, and one teaspoon mustard; dissolve in cup of hot water, pour over beans and fill dish with hot water to the top. Place in oven, covered, and bake two and one-half or three hours. About one-half hour before done take cover off to allow extra moisture to evaporate. Add water as required. If oven is very hot, place pan of water under beans. If wanted for dinner can be prepared in the morning and set aside until ready to bake.

Mrs. E. M. Landis.

BAKED BEANS
No. 2

Three pints white navy beans, one pound salt pork, scored and rather lean, one large teaspoon dry mustard, mixed with one large tablespoon brown sugar. Soak beans in cold water over night. Early in the morning parboil in fresh water till they begin to soften. Before removing from fire, drop in a pinch or two of baking soda. Change the

beans to a baking dish, add the mustard and sugar mixture, place pork in the center. Pour water in which beans have been boiling over the whole and bake slowly eight or ten hours. Keep the beans moist.

Miss Allie F. Armstrong.

BAKED BEANS
No. 3

One quart navy beans, three-quarters pound salt pork, one whole onion, one teaspoon mustard, three tablespoons molasses. Wash, soak beans over night, in the morning drain. Place onion in bottom of kettle or beanpot, cover with water, add molasses, mustard and salt pork. Boil one-half or three-quarters of an hour before putting in oven. Bake six or eight hours, adding water a little at a time when necessary, and salt if necessary. One spoonful of molasses and two of sugar can be used if preferred.

Mrs. C. A. Goodwin.

BEETS IN JELLY

Boil small beets (or large ones may be sliced), until done. Peel the skins off and place beets in a mold.

To make the jelly: Five tablespoons sugar, three tablespoons arrowroot, one-half cup vinegar, one-quarter cup boiling water. Cook about five minutes or until clear. Pour this jelly around the beets and let cool. When taken from the mold the beets show through a crimson jelly. This also looks nice just put in a glass dish that may go on the table.

Mrs. Harry Olson.

BRUSSELS SPROUTS AND CHESTNUTS

One box Brussels sprouts, three-quarters pound large Italian chestnuts. Peel the shells from the chestnuts, and

put into boiling water, boil for ten minutes. Take from the fire, allow to cool until they can be handled, and peel off the brown skin, taking care to keep them as nearly whole as possible. Prepare the sprouts, put in slightly salted boiling water, and boil for ten minutes. Add the chestnuts, and boil five or ten minutes more, not too hard. Remove from fire, drain, and season with butter, pepper and salt. These make a delicious salad when cold, served with mayonnaise dressing.

Mrs. Willett H. Cornwell.

SAVOY CABBAGE.

Cut in small pieces, removing the thick stems. Put on in boiling water, boil slowly one hour, adding beef broth to replace the water evaporated. Butter the size of a large egg, salt, pepper and a little nutmeg and the juice of a lemon, all to be added about ten minutes before taking the cabbage from the stove. Do not drain any of the liquid into the sink. The most valuable parts of vegetables are held in solution in the liquid.

Mrs. L. H. Peirce.

CABBAGE AND CELERY

Half and half, chopped fine, use as little water as possible so that none will be thrown in the sink. Cook in the oven to avoid odors through the house. Season with butter, pepper and salt. Cook forty-five to fifty minutes.

Mrs. L. H. Peirce.

CORN ON COB

Half milk and half water, add sugar in the proportion of one teaspoon to a quart of liquid. Bring to a boil, put in corn, cover tightly, and boil for ten minutes.

Mrs. S. D. Snow.

CORN FRITTERS

Grate one-half dozen ears corn, mix with three eggs, yolks and whites beaten separately. Drop by spoonsful on hot griddle.

Mrs. William G. Cook.

BAKED EGGPLANT

Slice eggplant, pare off rind, cut up in small pieces. Cook in boiling water ten or fifteen minutes (till tender), drain. Put two tablespoons butter in saucepan, heat. Add a finely cut up onion, cook till tender (do not brown). Then add drained eggplant and cook two or three minutes. Turn into a casserole and cover with buttered bread crumbs. Bake in hot oven fifteen minutes or more. Serve in the baking dish.

Mrs. Louis J. Hotchkiss.

KOHL RABI

Buy when the leaves are fresh, cut leaves into small pieces, slice the kohl rabi as thin as possible, put leaves and slices together into a stewing pan, use as little water as possible. Cook one hour, add salt, pepper and butter when nearly ready to remove from the fire. When the leaves are too yellow, the vegetable is likely to be woody.

Mrs. L. H. Peirce.

NUT LOAF

One pint stale bread crumbs, thoroughly dried in oven, but not colored, one teaspoon minced parsley, one teaspoon sage, or any preferred seasoning, one cup finely chopped celery, one-half cup finely chopped sour apple, one cup

finely chopped nut meats, one and one-half cups milk, two eggs thoroughly stirred into milk. Fry in two tablespoons butter, one large onion, finely minced. Stir all well together, form into a long mound in a baking tin and baste with a little hot water and butter. Bake one hour. Serve with brown sauce, oyster sauce, or nut sauce

Nut sauce: Melt two tablespoons butter in a frying pan, fry in it till golden brown one small onion, next add two tablespoons flour, brown this also; then pour in slowly one and one-half cups milk, season with salt, pepper and lemon juice, and just before serving stir in two heaping tablespoons finely chopped nuts. Do not pour over the loaf, but serve separately.

Miss Josephine Van Meenen.

FRENCH FRIED ONIONS

Fry in hot fat, same as potatoes. Slice around the whole onion, about one eighth inch thick. Dredge well in flour, drop in hot fat, lay on folded towel and salt after frying till crisp. Serve with steak.

Mrs. Charles J. Tonk.

POTATO PANCAKE

Grate several large potatoes, drain, season with salt. Add three eggs, yolks and whites beaten separately. Fry.

Mrs. Louis Wittbold.

CORN PUDDING

One cup corn cut from cob, or canned corn, one cup milk, one beaten egg, salt and pepper. Bake same as a custard twenty minutes, and serve as a vegetable.

Mrs. D. C. Prescott.

GREEN CORN PUDDING

One dozen ears corn, one pint milk, two eggs, salt and pepper, two teaspoons sugar, two tablespoons flour. Bake one hour in quick oven.

Mrs. William G. Cook.

SPINACH PUDDING

One pound of spinach leaves chopped very fine, mix thoroughly with the inside of a small loaf of stale bread, that has been squeezed out of water, add three well-beaten eggs, one-third cup melted butter, one onion size of an egg, minced very fine, one-quarter cup of finely chopped celery, salt and a little pepper. Tie in a cloth, drop in a kettle of boiling water. Cook one hour. Serve with meat gravy.

Mrs. Charles J. Tonk.

SWISS CHARD

Cut the mid-rib of Swiss chard in small pieces. Stew until tender in small quantity of water, slightly salted. Cook the green part separately; it will take much less time than the rib. Serve together on the same dish, with a cream sauce. If any is left, use for salad.

Mrs. E. T. Cooke.

VEGETABLE MARROW

Chop half an onion very small, put in a saucepan with a piece of butter; when it begins to color put in the vegetable marrow, cut in slices, add pepper, salt and grated nutmeg, moisten with stock, and stew till done, adding some finely minced parsley just before serving.

Mrs. L. H. Peirce.

RICE ASPIC

Boil one-half large cup rice until tender. Make cream sauce with one tablespoon butter, flour added to heated butter, and enough milk to make sauce quite thin. Add the rice, two eggs well beaten, reserving some of the beaten egg to pour over the top of mixture after it has been put into a baking dish, cover over with grated cheese, and bake for about thirty minutes. Chopped green pepper may be added.

Mrs. Herbert Waldemar Snow.

CHEESE RICE

One cup rice cooked in salted water, rinse with cold water. Put in baking dish with alternate layers of grated cheese, butter, salt and pepper. Nearly cover with milk to which has been added one beaten egg. Bake one-half hour.

Mrs. E. B. Whitfield.

RICE AND CHEESE

One teacup rice to four cups hot water. Boil rapidly for twenty minutes. On bottom of buttered pudding dish put layer of bread crumbs, then a thick layer of rice and grated cheese, another layer of rice and cheese. Finish with bread crumbs on top. Pour over all a cold mixture of one egg, one cup of milk, two tablespoons melted butter, one tablespoon salt, one-quarter teaspoon dry mustard. Bake twenty minutes in a quick oven. This is delicious as a luncheon dish, or as a substitute for potatoes with meat.

Mrs. John Sutcliffe.

RICE CROQUETTES

One and one-half cups rice, soaked in water over night. Put in double boiler with one and one-half cups boiling

water, and boil until dry. Add three and three-quarter cups milk and boil in same manner. Add three-quarters cup cream, six tablespoons chopped pimento, one teaspoon salt and three grains cayenne. Cool.

Cheese sauce: Two cups cheese, three tablespoons butter, three tablespoons flour, four cups milk, pinch salt.

Mrs. F. H. Gansbergen.

RICE

UNUSUAL

Mince very fine one large onion, sauté in one-quarter cup butter. Now add one and one-half cups of unpolished or brown rice, and fry until brown. Put in a double boiler and cover well with rich soup stock. When tender and quite moist add one can of mushrooms and one cup grated yellow cheese.

Mrs. Charles J. Tonk.

RISOTTO

Slice a small onion and fry in one tablespoon olive oil or butter. When brown add one cup rice, two cups hot water or a little more, one cup tomatoes, and a little sugar, salt and pepper. Cook about half an hour. When ready to serve sprinkle with grated cheese.

Mrs. J. Henry Truman.

SPANISH RICE

No. 1

One green pepper and one small onion chopped fine. Cook ten minutes in one large tablespoon butter, but don't let it brown. Take four tomatoes or two cups canned. If the former use one-half cup hot water, if the latter, the juice

from the can (one-half cup). Heat tomato, add pinch soda, then turn in the pepper and onion. When it begins to boil up add a scant cup of well washed rice (not cooked) and a little salt. Cook one hour, adding a small amount of boiling water to keep from burning. Stir almost constantly.

Mrs. E. M. Landis.

SPANISH RICE

No. 2

Two cups cooked rice, one quart tomatoes (cooked with seasoning and strained) one large onion, one pound chopped fresh pork. Bake slowly one hour.

Mrs. William G. Cook.

CHEESE SOUFFLÉ

No. 1

Two tablespoons butter, three tablespoons flour, one cup scalded milk, one-half teaspoon salt, one-half cup grated cheese, yolks of three eggs, whites of three eggs. Melt butter, add flour, stirring constantly, then add the milk, salt, and grated cheese. Cook until creamy, add to this mixture the beaten yolks, and let cool. Lastly add the stiffly beaten whites. Pour into a buttered baking dish and bake twenty minutes in a pan of hot water in medium oven. Serve at once.

Miss Allie F. Armstrong.

CHEESE SOUFFLÉ

No. 2

Make white sauce of two teaspoons melted butter, two tablespoons flour, three-quarters cup milk, salt and paprika. Add three yolks of eggs unbeaten and stir hard. Add one-half cup grated American cheese. Fold in three whites of eggs beaten very stiff. Put in buttered baking dish, set in

pan of hot water, and bake in very moderate oven forty-five minutes.

Mrs. Lewis B. Sinclair.

CHEESE-CORN SOUFFLÉ

Make a cream sauce with one cup milk, one tablespoon butter, and one tablespoon flour. When cooked, stir in one cup grated cheese, one cup canned corn, the beaten yolks of three eggs, salt and pepper to taste. Add the whites of the eggs beaten very stiff, when partly cool. Bake in a casserole about half an hour.

Mrs. L. S. Berry.

LUNCHEON SPAGHETTI

One-half pound spaghetti, one tablespoon butter, one minced onion, one small green pepper, parboiled and minced, one-half cup grated cheese, one-half cup dry bread crumbs mixed with two tablespoons melted butter. One can Campbell's tomato soup. Cook spaghetti until tender in boiling salted water, drain. Fry onion and green pepper in butter, then turn in soup unthinned, and let come to a boil. Turn in grated cheese; when melted add spaghetti. Put in buttered pan, sprinkle bread crumbs over, and bake until brown, about twenty-five minutes.

Mrs. Frank W. Werner.

WELSH RAREBIT

One pound American cheese (light color), one-half pint of cream, two eggs, one teaspoon dry mustard, one-half teaspoon salt, dash of cayenne pepper. Beat yolks of eggs and seasoning together smooth, add gradually the cream, put in pan of chafing dish or double boiler, and add cheese cut

in small bits. Stir till this is cooked smooth, then stir in whites of eggs and serve at once on crisp dry toast on hot plates.

Mrs. Louis J. Hotchkiss.

SALADS AND RELISHES

BANANA DRESSING

Cream banana by beating with a fork, beat in one tablespoon olive oil to each banana. Fine over spinach, lettuce, endive or cabbage.

Mrs. E. T. Cooke.

BOILED DRESSING

Make white sauce of: Four tablespoons butter, one tablespoon flour, one cup milk, yolks of five eggs, well beaten, one teaspoon mustard, one teaspoon salt, two tablespoons sugar, one cup vinegar, half hot water. Cook sauce first, then pour onto eggs and other ingredients. Will keep for weeks.

Mrs. E. B. Whitfield.

BOILED SALAD DRESSING

One egg, one tablespoonful flour, three-quarters cup sugar, one-half cup vinegar, one-half cup water, one-half teaspoon salt. Mix until smooth, then boil, watching carefully to prevent scorching.

Mrs. Joseph Frank.

CHRISTIAN SALAD DRESSING

Separate yolks and whites two eggs, whip yolks very stiff, add slowly two tablespoons olive oil while whipping. Place on ice. Thoroughly whip whites, then whip in from

one to one and one-half tablespoons sugar, adding to this about one cup whipped cream. Place on ice and whip this into the yolk mixture just before serving.

Mrs. E. T. Cooke.

CREAM SALAD DRESSING

Mix thoroughly ingredients in order given: One large tablespoon salt, two tablespoons sugar, one teaspoon mustard, one rounded teaspoon flour, yolks of two eggs, two and one-half tablespoons melted butter, one bottle of cream. Now slowly add one-quarter cup cider vinegar. Stir constantly while cooking.

Mrs. Charles J. Tonk.

RED FRENCH DRESSING

One-quarter teaspoon salt, one-half teaspoon mustard, one drop or more Tabasco sauce, one-quarter teaspoon paprika. Work together till smooth. Two tablespoons sugar (powdered or granulated), one tablespoon tomato catsup, one tablespoon Worcestershire sauce. Stir till smooth. One-half cup olive oil, add a tablespoonful at a time, one tablespoon vinegar, added as mixture becomes thick, use more vinegar if a tart sauce is desired. This is excellent on fruits and tomatoes.

Mrs. Louis J. Hotchkiss.

FRUIT DRESSING
No. 1

Two eggs, three tablespoons melted butter, three tablespoons lemon juice, one-half teaspoon salt. Eggs well beaten, add gradually, while beating, the other ingredients. Cook over hot fire, stirring constantly, until mixture thickens. Add one cupful heavy cream stiffly beaten, one-

quarter cup powdered sugar, one-half teaspoon each celery salt and vanilla, one-quarter teaspoon paprika and three drops onion juice. Chill.

MISS ALLIE F. ARMSTRONG.

DRESSING FOR FRUIT SALADS
No. 2

Two eggs, butter size of a walnut, one-third cup sugar, one-half teaspoon dry mustard dissolved in a teaspoon cider vinegar, juice of one lemon, juice of one large orange. Mix sugar and eggs well, add other ingredients, boil in double boiler until thick. When cold, and ready to serve, thin with whipped cream.

MRS. CHARLES J. TONK.

DRESSING FOR FRUIT SALADS
No. 3

Two tablespoons vinegar, one tablespoon butter. Heat. Two tablespoons sugar, one-half teaspoon dry mustard, one-half teaspoon salt, two egg yolks, beaten. Pour hot vinegar slowly into yolks and other ingredients, cook slowly until thick. When cold thin with cream.

MRS. L. L. GREGORY.

MAYONNAISE
No. 1

It is not necessary to have ingredients very cold. They should be cool, but must all be of the same temperature. The same rule applies in keeping it. Mayonnaise will keep well without separating if the bowl is closely covered, and kept cool, without change of temperature. It will then keep perfectly two weeks or longer, and can be used as a base for many sauces and dressings. Yolk of one egg, one pint of oil, vinegar to thin, one teaspoon each salt and dry mustard, sprinkle of cayenne. Put dry yolk in a bowl, beat with egg

beater, add oil a drop at a time at first, thin with vinegar as necessary; beat in seasonings toward the end.

Mrs. Samuel D. Snow.

MAYONNAISE

No. 2

Put in a cold bowl one-quarter teaspoon salt, same amount of paprika and dry mustard, one dash red pepper. Add the ice cold yolks of two hard boiled eggs, rubbed through a sieve, and two raw yolks. Blend all together. Now slowly add one and one-half cups of oil, stirring constantly, last drop in one teaspoon onion juice, one tablespoon lemon juice, one teaspoon Tarragon vinegar, one tablespoon cider vinegar. All ingredients must be ice-cold.

Mrs. Charles J. Tonk.

MAYONNAISE DRESSING

No. 3

Three eggs, or yolks of six, one teaspoon salt, two tablespoons sugar, one-quarter teaspoon mustard, one-half cup vinegar, large tablespoon butter. Beat eggs and mix other materials with them. Boil until thick, beat until smooth while on stove. Beat again. Put in glass jar in cool place, and it will keep indefinitely. When ready to serve, add whipped cream, sweet or sour.

Miss Allie F. Armstrong.

MRS. OGREN'S SALAD DRESSING

Two tablespoons vinegar, yolks of two eggs, one tablespoon butter, one-half teaspoon mustard, one-half teaspoon salt, one tablespoon sugar. Set the pan over hot water until thick. After it is cold add one cup of whipped cream.

Eva Ogren.

SALAD DRESSING
No. 1

One teaspoon flour, one teaspoon salt, two teaspoons mustard, four teaspoons sugar, yolks of three eggs, one-half cup vinegar, two-thirds cup cream. Mix flour, salt, mustard and sugar with enough hot water to make a smooth paste, add unbeaten yolks of eggs. Beat well together. Add vinegar and sweet or sour cream. Cook in double boiler until thick. Thin for use with cream.

Miss Van Meenen.

SALAD DRESSING
No. 2

Three eggs, well beaten, one-quarter teaspoon mustard, five tablespoons milk, five tablespoons vinegar, butter size of an egg, one-half cup sugar. Mix in the following order: mustard, sugar, egg, butter, milk, vinegar. Add vinegar very slowly. Bring to a boil and strain.

Miss Van Meenen.

SALAD DRESSING
No. 3

Two eggs, beaten, one pinch salt, one tablespoon sugar, three tablespoons vinegar, one-half teaspoon dry mustard, dissolved in part of vinegar. Stir all together, then add small bottle of cream, sweet or sour. Cook in double boiler.

Miss Van Meenen.

SALAD DRESSING
No. 4

One-half cup oil mayonnaise, one-half cup whipped cream, one-quarter cup chili sauce; mince very fine one-half green pepper, one-half teaspoon capers, one-half medium sized dill pickle, and dark red pepper.

Mrs. Charles J. Tonk.

SOUR CREAM DRESSING

One cup thick sour cream, one tablespoon powdered sugar, one-half teaspoon salt. Whip with egg beater. Powder with paprika.

Mrs. S. D. Snow.

THOUSAND ISLAND SALAD DRESSING

Equal parts oil mayonnaise and chili sauce, add chopped hard boiled eggs and chopped olives.

Mrs. S. D. Snow.

WHIPPED CREAM

Thick sweet cream, whipped until very stiff, slightly sweetened, makes a delicious dressing for salads and fruits.

Mrs. E. T. Cooke.

BANANA SALAD

Slice bananas lengthwise and lay the two halves on a garnished plate. Press nut meats into each half of banana, and pour mayonnaise over. Sprinkle a few nut meats or flaked peanuts on top.

Mrs. E. T. Cooke.

STUFFED CELERY

Take young, tender celery hearts, and cut in three or five-inch lengths. Fill cavity with a paste made from grated American cheese moistened with rich cream.

Mrs. E. T. Cooke.

CHEESE BALLS, TO SERVE WITH SALAD

One Blue Label cheese, soften with cream, season with salt and paprika to taste. Cut fine eight or ten stuffed olives, and eight or ten English walnut meats, add to cheese. Roll in balls size of marbles. Serve with salad.

Mrs. Louis J. Hotchkiss.

CHEESE BALLS FOR SALAD

Use equal parts of Blue Label cheese and Roquefort, season highly with a little boiled salad dressing, red pepper, and chives. Mold in balls, roll in chopped pecans.

Mrs. Charles J. Tonk.

CUCUMBER AND PINEAPPLE SALAD

Cucumber cut in cubes, with equal portions of canned pineapple cut in cubes. Arrange in individual molds. Dissolve one package of Knox gelatine in juice from canned pineapple, add a little water if necessary, strain, cool and pour over cubes. Serve with whipped cream mayonnaise, sweetened.

Mrs. Dean S. Conger.

STUFFED CUCUMBERS

Peel a large cucumber and cut in two-inch lengths. Remove seeds, leaving a hollow through center. Fill cavity with a little chopped celery, sliced onion, and one or two ripe olives. Serve with mayonnaise dressing.

Mrs. E. T. Cooke.

DELICIOUS SALAD

Make gelatine foundation according to Knox gelatine recipe for Perfection Salad. When partially cooled, pour

a layer in sheet pan or other large shallow mold, set aside to harden. On this lay asparagus and thinly sliced stuffed olives. When set, add another layer of gelatine, and when cold another layer of asparagus and olives. Cut in oblong sections, place on lettuce, and serve with rich mayonnaise.

Mrs. Lewis B. Sinclair.

FRUIT SALAD

One can pineapple, six bananas, six oranges, one pound white grapes, three apples. Dressing: Mix one-half teaspoon mustard, pinch of salt, one-third cup sugar, with juice of one lemon. Mix with the fruit. Whip two bottles of cream, and place over all just before serving.

Mrs. E. T. Cooke.

FRENCH FRUIT SALAD

Thinly slice two oranges, add equal amount sliced pineapple and three tablespoons chopped almonds. Serve with mayonnaise, fruit juice, or whipped cream.

Mrs. E. T. Cooke.

FRUIT AND CHEESE SALAD

Equal parts American cheese, nuts, dates and figs. Chop and mix with lemon juice, form into balls, put on lettuce leaves, cover with mayonnaise.

Mrs. E. T. Cooke.

ORANGE AND BERMUDA ONION SALAD

Alternate slices of orange, onion, and orange on a lettuce leaf. Mayonnaise dressing or fruit dressing.

Miss Allie F. Armstrong.

PERFECTION SALAD
No. 1

One-half box Knox sparkling gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoon salt, one cup finely shredded cabbage, juice of one lemon, one-half cup sugar, two cups celery cut in small pieces, one-quarter can sweet red peppers (pimentoes) cut fine. Soak the gelatine in cold water five minutes, add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add remaining ingredients. Turn in mold and chill. Serve on lettuce leaves with mayonnaise dressing.

Mrs. Louis J. Hotchkiss.

PERFECTION SALAD
No. 2

Shredded cabbage, celery, pimentoes, served on sliced pineapple. Mayonnaise dressing.

Miss Allie F. Armstrong.

POTATO SALAD

Six or eight small cold boiled potatoes, sliced, one teaspoon finely chopped onion, two hard boiled eggs, one-half cucumber, sliced. Dressing: One egg, well beaten, two tablespoons sugar, one tablespoon flour, one teaspoon dry mustard, three-quarters cup vinegar, butter size of a walnut, pepper and salt to taste. Boil in double boiler till thick, cool, and add three-quarters cup sweet or sour cream. Mix gently with the potatoes, onion and cucumber, and garnish with the hard boiled eggs.

Mrs. S. D. Snow.

GERMAN POTATO SALAD

Scant one-half cup vinegar, one-half cup water, one teaspoon drippings, one teaspoon butter, one tablespoon sugar, salt and pepper to taste, flour paste to thicken. When cool add yolk of one egg. Pour over sliced potatoes, little minced onion.

MRS. FRANK W. WERNER.

BEET RELISH

One cup chopped cooked beets, three tablespoons bottled horseradish, two tablespoons lemon juice or vinegar, two teaspoons sugar, one teaspoon salt, one cup chopped cabbage.

MRS. B. F. BULLARD.

CABBAGE RELISH

One small head of cabbage, one large white onion, one tablespoon grated horseradish, one tablespoon mustard seed, one-half tablespoon celery seed, one and one-half cups vinegar. Put the cabbage and onion through the food chopper, sprinkle well with salt, and cover with cold water. Allow to stand over night. In the morning squeeze dry (it should be quite salt), add the horseradish, the vinegar, and the mustard and celery seed, which should have been allowed to stand for two hours in boiling water, then drained. Mix well, and if too acid from the vinegar, add a little sugar. In twenty-four hours it will be ready, and will keep for several weeks covered, in a cool place.

MRS. S. D. SNOW.

RUSSIAN SALAD

Lettuce, head or leaf, cut. One green pepper, one cucumber, two or three tomatoes, chives (or young onions).

Dressing: To an ordinary French dressing add as much tomato catsup as you use oil—as much Worcestershire sauce as vinegar.

Mrs. William G. Cook.

SALAD

A large head of celery, one-quarter of a very small cabbage, two ripe tomatoes, all chopped together very fine. Salt to taste, and place in colander to drain. Serve on lettuce leaf; dress with boiled dressing. Very good.

Mrs. E. T. Cooke.

TOMATO JELLY

Simmer until tender one can tomatoes and rub through a sieve. Allow one envelope (one-half box) plain gelatine to one pint of tomato. Season tomato highly with salt and celery salt. Heat very hot and add gelatine. Pour in mold and set aside to congeal.

Mrs. Herbert Waldemar Snow.

TOMATO AND PINEAPPLE SALAD

Whole tomato, skinned and sliced down to represent a flower, fill center with canned pineapple cut in cubes. Cover this center with mayonnaise mixed with whipped cream.

Mrs. Dean S. Conger.

SAUCE TARTARE

(Cold, for fried fish, tongue, or broiled chicken, very fine.)

One teaspoon mustard, one-half saltspoon pepper, one teaspoon powdered sugar, one saltspoon salt, five drops onion juice, three tablespoons vinegar, one tablespoon chopped olives, one tablespoon chopped capers, one tablespoon chopped pickles, one tablespoon chopped parsley, yolks two raw eggs, one-half cup oil. Mix in the order given, add the yolks and stir well, add the oil slowly, then the vinegar and chopped ingredients. This will keep for several weeks.

Mrs. Joseph Frank.

TOMATO SAUCE

Eighteen ripe tomatoes, peeled, three onions, two large green peppers, one cup vinegar, one-half cup brown sugar, one heaping teaspoon cinnamon, one tablespoon salt (perhaps more if tomatoes are large). Chop peppers and onions together quite fine. Cut tomatoes in small pieces, as if for salad, mix all ingredients together. Do not cook, but keep in ice box. It will keep about six weeks.

Mrs. W. M. Hopkins.

SANDWICHES AND SANDWICH FILLINGS

DEVILED OLIVES

One small bottle of olives chopped very fine, four tablespoons salad dressing, two tablespoons rolled cracker crumbs, mix well together. Let stand one hour, then spread between thin layers of bread. This will make twenty-five sandwiches.

Mrs. Martin Madson.

PEPPER AND NUT SANDWICHES

Spread a number of slices of bread, cut thin and without crust, with butter, and an equal number with the following mixture: Two finely chopped green peppers, and one-quarter pound pecans; add a little salt and bind together with mayonnaise. Place leaf lettuce on buttered slices, and the mixture on lettuce.

Mrs. E. M. Landis.

SANDWICH FILLINGS

Materials for all sandwiches must be of the best, and seasoning can be a little higher than if the filling were served separately. Sandwiches can be kept a few hours by wrapping first in waxed paper, then in a damp cloth. Keep in a cool place.

Cucumber and sardine sandwiches: Remove skin and take out bones of sardines, rub to a paste, season lightly with celery salt, and moisten very slightly with mayonnaise. Cut crust from rye bread, spread with butter which

has been rubbed to a cream and seasoned very lightly with celery salt, pepper and a little curry powder; cover this with the sardine paste, and lay on top some thin, crisp rounds of sliced cucumber. For open sandwiches, the cucumber can be chopped fine, drained dry, and a thin layer placed on top. This is an English filling.

Lemon cream filling: Beat to a cream one tablespoon butter and two tablespoons brown sugar, flavor with lemon juice and a little grated nutmeg. Spread on thinly sliced brown bread.

Stuffed rolls: Cut off the tops, scoop out the inside, and fill the cavity with creamed meat, fish or fowl, or mince any of these with mayonnaise. Creamed, chopped oysters, seasoned with celery or onion salt, make a good filling.

Fresh lady fingers separated and spread with cake frosting, jelly, or a cream filling made by rubbing to a paste one tablespoon butter, two tablespoons powdered sugar, and chopped nuts or candied fruit. Cake sliced and made into sandwiches with these fillings is easy to pack.

All leftovers of salads, scrambled eggs, cheese, vegetables and meat can be used for sandwich fillings.

Fancy butter for sandwiches: Beat one-quarter pound butter to a cream, mix in one-half cup stiffly beaten cream, season lightly with mustard, salt, and a dash of cayenne. This will keep two weeks in a cool place. Butter for sandwiches is always better if beaten to a cream.

Mrs. S. D. Snow.

SANDWICH FILLINGS

1. Cottage cheese and chopped dates.
2. Equal parts macerated dates and peanut butter.
3. Equal parts chopped nuts and chopped olives.
4. Cottage cheese and chopped nuts moistened with cream.

Mrs. E. T. Cooke.

BREADS

BAKING POWDER BISCUITS

Melt butter size of a small egg, stir in one level tablespoon flour, add one-quarter cup milk, one pinch salt, and last one teaspoon baking powder sifted with one cup flour. Handle very little, put a small bit of butter on top of each biscuit. Bake in brisk oven.

Mrs. Charles J. Tonk.

BAKING POWDER BISCUIT

One quart flour, one teaspoon salt, four teaspoons Rumford baking powder, one tablespoon lard. Milk to make a stiff dough. Roll out or dip by spoonfuls into pan. Bake in quick oven.

Miss Van Meenen.

BRAN BREAD

Two cups bran, two cups cold water, cook for twenty minutes, cool, and then add: One yeast cake, dissolved in one-half cup water, one tablespoon lard, two tablespoons molasses, pinch of salt, white flour enough to knead. Very good.

Mrs. E. B. Whitfield.

BAKED BROWN BREAD

No. 1

A little salt, one third cup molasses, one third cup white syrup or two-thirds cup of any molasses, not too dark. Fill cup with sour milk, stir in level teaspoon soda; one cup sweet milk, one and one-half cups graham flour, one cup wheat flour, two teaspoons baking powder. Just before putting in oven, stir in a well-beaten egg. Bake a full hour in a very slow oven.

Mrs. Louis J. Hotchkiss.

BREAD (FOUR LOAVES)

One pint potato water, one pint scalded milk, one-half cup sugar, two teaspoons salt, one tablespoon butter, one tablespoon lard, three quarts flour, measured before sifting, one yeast cake, dissolved in one-half cup tepid water.

Put potato water, milk, sugar, salt, lard and butter in bread mixer. When cool add yeast cake which has been dissolved and the flour which has been sifted. Turn mixer three minutes or till well blended. Cover and set away to rise. (I do this at bed-time.) When well risen turn mixer till it forms a soft ball and can be lifted out with the turner. Divide on floured board into four equal loaves, put in greased pans and when risen bake fifty minutes in rather moderate oven.

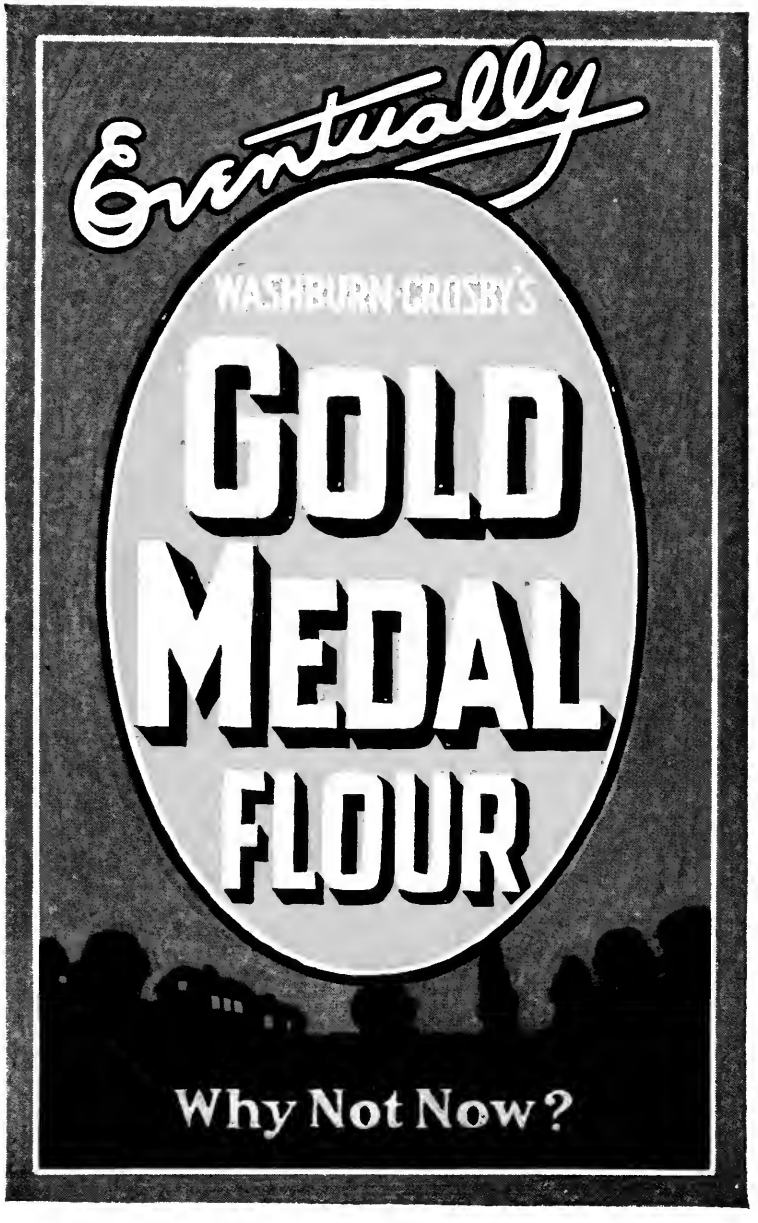
If preferable one-fourth may be made into Parker House rolls. For rolls roll dough into sheet one-half inch thick, cut with round cutter, place melted butter on one-half, fold over, and put in pan to rise. Bake twenty-five minutes in rather quick oven.

For cinnamon rolls, roll one-fourth of dough into sheet, sprinkle with melted butter, cinnamon and raisins, roll up, cut in one inch sections, place cut side up in pan to rise. Bake twenty-five minutes.

Note: This only applies to Gold Medal flour, and Universal bread mixer number four, and I can guarantee satisfactory results.

Mrs. Lewis B. Sinclair.

G. MASON


Eventually
WASHBURN-CROSBY'S
GOLD MEDAL FLOUR
Why Not Now?

NEVER SOLD IN BULK
OUR PACKAGE KEEPS IT CLEAN
BLUE VALLEY BUTTER
is good butter
CHURNED FRESH EVERY DAY
THERE IS NO SUBSTITUTE FOR BUTTER

BROWN BREAD
No. 2

One-half cup molasses, one-quarter cup brown sugar, one tablespoon melted butter, one and one-half teaspoons soda, dissolved in one and one-half cups lukewarm water, one cup floured raisins, one cup white corn meal, two cups graham flour, small teaspoon salt. Steam in baking powder tins for one and one-half hours. It rises about twice the batter. Brown in oven five minutes.

Mrs. S. D. Snow.

BROWN BREAD
No. 3

This makes one loaf. One-half cup New Orleans molasses, one cup thick sour milk, one level teaspoon soda dissolved in a little cold water and stirred well into milk and molasses, one-half cup white flour, one-half teaspoon salt, graham flour to make a thick batter that will just drop from spoon. One-eighth cup raisins may be added. Bake one hour in slow oven.

Miss Margaret Dawes.

STEAMED BROWN BREAD
No. 4

One-half cup sugar, one-half cup molasses, one-half teaspoon salt, two cups sour milk, one heaping teaspoon soda in warm water, one and one-half cups raisins, graham flour to make a stiff dough, about two and three-quarters cups Steam two hours in a pudding tin, or in baking powder tins.

Miss Van Meenen.

BROWN BREAD
No. 5

Two cups sour milk, two cups flour, one and three-quarters cups corn meal, three-quarters cup molasses, one-half

cup sugar, one egg, one teaspoon salt, two teaspoons soda. Steam two hours and bake one-half hour.

Mrs. Harry Olson.

BROWN BREAD
No. 6

One-quarter cup sugar, one-quarter cup molasses, two cups sour milk, one cup white flour, two cups graham flour, one cup raisins or chopped nuts, one-half teaspoon salt, two teaspoons soda. Bake forty-five minutes. Will make two small loaves.

Mrs. E. B. Whitfield.

BROWN BREAD
No. 7

One cup wheat flour, one cup graham flour, one-quarter cup molasses with one teaspoon soda dissolved in it, a little salt, one pint milk. Bake three-quarters of an hour.

Mrs. C. H. Murray.

CORN BREAD
No. 1

One-half cup corn meal, one and one-quarter cups flour mixed with corn meal, one cup sweet milk, two eggs well beaten, one-quarter cup butter and one-half cup sugar creamed together, one teaspoon baking powder mixed with flour and meal, one-half teaspoon salt. Bake one-half hour.

Mrs. Harvey Grace.

CORN BREAD
No. 2

One and one-half cups of water or milk, one cup flour, three teaspoons baking powder, one tablespoon melted butter, two tablespoons sugar, two eggs, corn meal enough to make a thin dough, or rather less than one-half cupful.

Mrs. C. H. Murray.

GLUTEN BREAD

Into a pint fresh milk stir one pint boiling water in which has been dissolved one teaspoon each salt and butter. When warm stir in enough gluten flour for a dough. Knead one-quarter hour and set to rise again. When light bake in a steady oven one hour. Cover with brown paper first half hour.

Mrs. E. T. Cooke.

GRAHAM BREAD

One cup graham flour, one cup white flour, one-half cup sugar, one cup chopped dates, one cup sour milk, one-half teaspoon soda, four teaspoons baking powder.

Mrs. L. L. Gregory.

NUT BREAD
No. 1

Three cups flour, four teaspoons Rumford baking powder, one teaspoon salt, three-quarters cup sugar, one cup walnuts, chopped fine, one and one-half cups milk into which two eggs are beaten. Mix dry ingredients together, then with the milk and eggs. Put into bread molds and let stand twenty-five minutes. Bake in moderate oven.

Mrs. Joseph Frank.

NUT BREAD
No. 2

Two cups flour, one-third cup sugar, one-half cup nut meats, two teaspoons baking powder, three-quarters cup milk, one egg well beaten. Let stand one-half hour. Bake three-quarters hour in slow oven.

Mrs. E. T. Cooke.

OATMEAL BREAD

No. 1

Pour two cups boiling water over one cup rolled oats, add one tablespoon lard, one-half cup brown sugar. When lukewarm, add one-half teaspoon salt, one-half cake compressed yeast dissolved in warm water, one cup walnut meats—or half nuts and half raisins—and add as much white flour as can be stirred in with a spoon. Let rise and when light put into pans with little handling. Do not knead. Let rise again, and bake. This makes two loaves.

Mrs. B. F. Bullard.

OATMEAL BREAD

No. 2

Pour two cups of boiling water on one cup oatmeal, one tablespoon lard or butter, one-half cup sugar, pinch of salt. Let it cool. Add one-half cake compressed yeast, one cup raisins, one-half cup walnut meats. Stir in flour as stiff as you can, put in pan and raise once. Bake slowly.

Mrs. W. M. Thomas.

OATMEAL BREAD

No. 3

One cup oatmeal, one-half cup molasses, one teaspoon salt. Over this pour two cups boiling water at dinner time. At bed-time add one-quarter yeast cake dissolved and four cups flour. In the morning stir down and add one-half cup flour, no more, let rise again, and bake.

Mrs. J. Henry Truman.

OATMEAL BREAD

No. 4

Two cups oatmeal, pour over two cups boiling water and let stand a while. Five cups wheat flour, one-half cup

molasses, one teaspoon salt, two tablespoons lard, one compressed yeast cake dissolved in one-half cup water.

Miss Margaret Dawes.

RYE BREAD

One cup rye meal, one cup white flour, one-half cup sugar, one cup sour milk, one-half teaspoon soda, four teaspoons baking powder, one and one-half teaspoons caraway seed. Mix all dry ingredients and add milk. Let rise fifteen minutes and bake.

Mrs. L. L. Gregory.

VIRGINIA SPOON BREAD

Three tablespoons sifted corn meal, three eggs, small teaspoon soda, one pint sour milk. Beat eggs and add half the milk and the meal, then the rest of the milk with the soda, a pinch salt and one tablespoon melted butter. Bake in buttered dish in which it is to be served, twenty minutes, and eat at once.

Miss Elizabeth E. Church.

WHOLE WHEAT BREAD

Three cups water (or half milk), one tablespoon salt, three tablespoons sugar, one heaping tablespoon lard, one cake yeast, three cups whole wheat, six cups white flour. Mix well and let rise. When light shape into loaves with little handling. Raise and bake well.

Mrs. B. F. Bullard.

SPANISH BUNS

One cup sugar, one cup flour, one-half cup sweet milk, one-half cup butter, two eggs, one small teaspoon baking

powder, one teaspoon cinnamon and cloves, mixed. Bake in a shallow pan.

Mrs. Martin Madson.

COFFEE CAKE

No. 1

One tablespoon butter, one-half cup sugar, creamed. One egg, one-half cup milk, one and one-half cups flour, one teaspoon baking powder. Spread in large pan about one inch thick. Spread top with melted butter and sprinkle thick with sugar and cinnamon. A few almonds cut fine over bottom of pan add much to the flavor.

Mrs. B. F. Bullard.

COFFEE CAKE

No. 2

This is cheap and easy to make. One cup sugar, one tablespoon butter, one egg, two cups flour, two teaspoons baking powder in second cup flour, one cup sweet milk. Sift sugar and cinnamon over cake, add dabs of butter on top, sprinkle with water, and bake at once in a slow oven fifteen minutes. Use long flat pan.

Mrs. S. F. Perrigo.

FIFTEEN MINUTE COFFEE CAKE

No. 3

Two tablespoons butter, three-quarters cup sugar, two eggs, one-half cup milk, one and one-half cups flour, two level teaspoons baking powder, pinch of salt. Melt butter and spread on top with sugar and cinnamon, bake fifteen minutes.

Mrs. Adam Schneider.

COFFEE CAKE

No. 4

One tablespoon lard, one-half cup sugar, one egg, one teaspoon soda, one cup sour milk, three cups flour.

Mrs. Edward H. Turner.

GRAHAM CRACKERS

One quart graham flour, one pint white flour, one cup shortening, one teaspoon salt and water to work stiff. Roll out, cut, prick with a fork and bake. One cup chopped raisins or dates may be added.

Mrs. E. T. Cooke.

BERRY MUFFINS

One-quarter cup butter or lard, two-thirds cup sugar, one egg well beaten, two and two-thirds cups flour, reserving one-third cup, two and one-half teaspoons baking powder, one cup milk, one cup blueberries, added last, having been mixed with the reserved flour.

Mrs. J. L. Whitman.

BLUEBERRY MUFFINS

One large tablespoon butter, two-thirds cup (nearly) sugar, one cup rich sour milk, two cups flour, one and one-half cups berries sprinkled over with one-half cup more of flour, two eggs, one teaspoon soda, little salt. Bake about twenty minutes and eat warm. (One cup sweet milk and two teaspoons baking powder can be used instead of the sour milk and soda.)

Miss Elizabeth E. Church.

BRAN MUFFINS

One tablespoon lard or butter, one egg, one-half cup sugar, two cups sour milk, one and one-half teaspoons baking soda, one-half cup boiling water (if sweet milk is used, substitute three teaspoons baking powder), two cups Pillsbury's bran flour, two cups white flour, one and one-half teaspoons salt. Beat butter, egg and sugar until creamy. Add soda to sour milk after dissolving in the boiling water. Add the dry ingredients gradually and mix well. Put in hot buttered tins and bake in hot oven twenty minutes.

Miss Allie F. Armstrong.

CORN MUFFINS

No. 1

One cup corn meal, one cup flour, one tablespoon sugar, one-half teaspoon salt, one teaspoon Rumford baking powder, one tablespoon butter, one cup milk, one egg. Sift corn meal, flour, sugar, salt and baking powder together, rub in shortening, add beaten egg and milk. Half fill hot, well greased muffin tins, bake in hot oven twenty minutes.

Mrs. Bradley Buell.

CORN MUFFINS

No. 2

Sift together with two teaspoons baking powder, one cup yellow corn meal, two cups flour. Cream two-thirds cup sugar with one-half cup butter, three well-beaten eggs, one cup sweet milk, one level teaspoon salt. Beat well together, then add the flour mixture. Bake in buttered muffin tins.

Mrs. Charles J. Tonk.

MY "HOME" CORN MUFFINS

One and one-quarter cups yellow cornmeal, three-quarters cup flour, one egg, one-half tablespoon butter or lard,

one-half teaspoon sugar, pinch salt, almost two heaping teaspoons baking powder, milk and water enough to mix like corn bread. Bake twenty or twenty-five minutes.

Mrs. E. M. Landis.

MUFFINS FOR FOUR

Sift two cups of flour with two level teaspoons baking powder, one-half level teaspoon salt and two tablespoons sugar. Melt and add two tablespoons butter, level; two beaten eggs and one cup sweet milk. Mix and make twelve muffins. Bake one-half hour.

Mrs. J. M. Coen.

ONE EGG MUFFINS

One and one-half tablespoons sugar, three tablespoons melted butter, one egg. Cream all together. One cup milk, two cups flour, three teaspoons baking powder. Bake in muffin tins in moderate oven.

Mrs. E. B. Whitfield.

MUFFINS

Two eggs, one cup milk, two rounded tablespoons butter, one teaspoon sugar, one and one-half cups flour, two teaspoons baking powder. Separate the eggs and beat. Bake in a quick oven.

Mrs. Martin Madson.

PROMOTION FOOD

To every quart of coarsely ground flour, or half and half bolted flour and middling, take one-half pint finely ground raw peanuts, add two heaping teaspoons sugar and a small

teaspoon salt. Knead into a light consistency and bake in the form of sticks or flat cakes in a fairly hot oven. Promotes intestinal activity.

Mrs. E. T. Cooke.

POTATO ROLLS

Four potatoes, medium size, three eggs, one-half cup melted butter, one teaspoon salt, one-half teaspoon sugar, three cups flour, one yeast cake. Boil potatoes and put through a ricer; beat eggs, add butter, salt, sugar, potatoes. Break yeast into small pieces, work into flour, add to first mixture, and work until smooth. Cut dough into rounds, spread with butter, fold and let rise till light.

Mrs. Walter Fox.

QUICK ROLLS

One tablespoon lard, one tablespoon butter, one teaspoon salt, two tablespoons sugar, one cup boiling water, one cup milk; when lukewarm add one yeast cake, three cups flour. Let stand fifteen minutes, then add flour enough to make stiff. Let stand until double in bulk. Make into rolls.

Mrs. E. B. Whitfield.

SCONES

One cup flour, one-half teaspoon soda, one level teaspoon cream of tartar. Sift above together, work in three tablespoons sugar, two of butter. Add one-half cup of floured raisins, break in one egg, stir in gently one tablespoon sour cream or milk, spread in pan, bake in moderate oven.

Mrs. E. B. Whitfield.

WAFFLES

Two cups flour, two teaspoons baking powder, one cup milk, salt, two eggs. Mix dry ingredients, after sifting, add the beaten yolks, and lastly fold in the stiffly beaten whites. Have waffle iron "piping hot," and grease just before using.

Miss Allie F. Armstrong.

CAKES

ALMOND TORTE

One pound powdered sugar. First, beat yolks of ten eggs with Dover beater until stiff. To this add half of the sugar, a pinch of cinnamon and allspice. Second, beat the whites of ten eggs very stiff on large platter, add rest of sugar and fold in the yolks. Last, fold in one-half pound ground almonds. Bake one hour in slow oven. Let hang in pan until used. Best made day before using.

Mrs. Louis Wittbold.

APPLE CAKE

One cup flour, one teaspoon baking powder, two tablespoons lard, one-half cup sugar, pinch salt, break one egg in cup and fill cup with milk. Line pan with dough and fill full with sliced apples. Sprinkle with sugar and cinnamon.

Mrs. Frank W. Werner.

DUTCH APPLE CAKE

One cup flour, one-half teaspoon salt, one teaspoon baking powder, one tablespoon sugar, one tablespoon butter, one-quarter cup milk, one egg, cinnamon. Mix dry ingredients together, rub in butter, add milk, and lastly, well beaten egg. Put in shallow pan. Cut up two apples in slices and cover dough liberally—sticking some of the slices

into the dough. Sprinkle with cinnamon and brown sugar. Moderate oven. Serve hot with sauce.

Sauce: Lump of butter, one-half cup brown sugar, one-half cup flour. Mix with boiling water; flavor.

Miss Allie F. Armstrong.

BOSTON MALLOWS

Eight egg yolks, one and one-half cups pulverized sugar, one-half cup butter, three-quarters cup milk, one cup flour, one-half cup cornstarch, two teaspoons baking powder. Beat long and well before adding flour. Bake in small gem tins and frost white.

Mrs. B. F. Bullard.

BUTTERLESS, EGGLESS, MILKLESS CAKE

Put in saucepan one cup brown sugar, two cups seeded raisins (one will do), one cup water, one-third cup lard, pinch of salt, one-quarter teaspoon nutmeg, one teaspoon cinnamon, one-third teaspoon ground cloves. Boil all together three minutes and let cool. When cold, add one teaspoon soda dissolved in hot water. Add two cups sifted flour with one-half teaspoon baking powder. Bake in loaf. This cake improves with age and costs less than 25 cents.

Miss Allie F. Armstrong.

CANADA WAR CAKE

Two cups brown sugar, two cups hot water, two tablespoons lard, one package seedless raisins cut once, one teaspoon salt, one teaspoon cinnamon, one teaspoon cloves. Boil all these ingredients five minutes after they begin to bubble. When cold, add one teaspoon soda dissolved in one teaspoon hot water, three cups flour. Bake in two

loaves in slow oven forty-five minutes. This cake is better at the end of a week or longer.

Mrs. Louis J. Hotchkiss.

CHOCOLATE CREAM CAKE

Cream one-fourth cup butter, beat in a half-cup sugar; beat two eggs, beat in one-half cup sugar; then beat the eggs and sugar into the butter and sugar. Sift together one and three-fourths cups flour and three level teaspoons baking powder, add these to the first mixture, alternating with two-thirds cup milk. Bake in two round layer cake pans. Put together with custard filling, and cover top with chocolate frosting.

Mrs. Fred P. Pool.

CREAM CAKE

One cup sugar, one-half cup butter, one-half cup milk, one teaspoon baking powder, whites of three eggs, flour to make a medium batter.

Filling: One cup whipped cream, one-half cup pulverized sugar, one-half teaspoon vanilla. Let cake cool, split in two, and add the filling.

Mrs. W. M. Hopkins.

CREAM LAYER CAKE

One cup sugar, three eggs, two tablespoons butter, one-half cup water, one and three-quarters cups flour, two teaspoons baking powder. Bake in three layers.

Filling: One cup sweet milk, one-half cup, or less, sugar, one tablespoon cornstarch, yolks of two eggs or one whole egg, pinch salt. Raisins or nuts or both, make a pleasing addition to this filling. In place of the milk, fruit

juice, orange, lemon and pineapple, combined or singly, may be used. Whipped cream, flavored with pineapple juice, on top of cake.

Miss Elizabeth E. Church.

CRUMB CAKE

Two cups flour, one-half cup butter and lard together. Mix as for pie crust. One cup sour milk, one cup sugar, one egg, beaten, two tablespoons molasses, one teaspoon soda, two teaspoons cinnamon, one-quarter teaspoon cloves, one-quarter teaspoon allspice, one cup raisins. Bake very slowly in flat pan.

Frosting: One cup brown sugar, one-half cup water. Boil until it threads. Add nine cut up marshmallows, pour over beaten white of one egg.

Mrs. E. B. Whitfield.

CUP CAKES

Put one egg in a cup, fill cup half full with soft butter, then fill up the cup with milk. One cup sugar, one and one-half cups flour, scant, one teaspoon baking powder, flavoring. Bake in muffin tins.

Mrs. D. C. Prescott.

CHEAP DELICATE CAKE

Put large tablespoon butter in cup and melt. Then put in the whites of two eggs, and fill cup with sweet milk. Pour in bowl, and add one cup Swansdown pastry flour, one cup (scant) sugar, and one teaspoon baking powder, sifted four or five times. Stir constantly for ten minutes. Flavor with any desired flavoring. Bake in square pan, frost, and put nuts, walnut or pecan, so cake can be cut in sixteen squares. Fine and cheap.

Mrs. John Sutcliffe.

QUICK DEVIL'S CAKE

One and one-quarter cups white sugar, one-half cup shortening, one egg, one cup sweet milk, two cups flour, one level teaspoon baking powder, one teaspoon vanilla, two squares chocolate or four rounding tablespoons cocoa, dissolved in a little hot water. Last thing, add three tablespoons cold water and beat hard. Bake in square tin.

Mrs. J. M. Coen.

DEVIL'S FOOD

Two cups sugar, three-quarters cup butter, one cup buttermilk or rich sour milk, two cups pastry flour, one-half teaspoon soda, one teaspoon vanilla, two squares melted chocolate, yolks of five eggs, whites of two. In baking at first have the oven a little hotter than for bread, then turn gas down some; must bake slowly. Bake in four or five layers. Use devil's food frosting.

Miss Elizabeth E. Church.

DEVIL'S FOOD FROSTING

Make a boiled frosting, using two heaping teacups, or one pound, pulverized sugar, one-half cup water. Stir this into whites of three well beaten eggs, then add one-half square melted chocolate, one-half cup cocoanut, one teaspoon vanilla, and beat till cool.

Miss Elizabeth E. Church.

DROP CAKES

One cup sugar, one cup nuts, one cup dates, two eggs beaten separately, two tablespoons flour, three teaspoons baking powder. Drop on buttered tins and bake in moderate oven.

Mrs. John R. Hollister.

ECONOMY CAKE

Beat one egg in a coffee cup, fill cup with sweet milk. Stir together one rounded tablespoon butter and one cup sugar, and the egg and milk, one and three-quarters cups flour which has been thoroughly sifted with two rounded teaspoons baking powder and a pinch of salt. Flavor to suit taste. Bake in two thick layers, using any filling preferred.

Mrs. W. M. Thomas.

PLAIN FRUIT CAKE

Cream one cup sugar and one-half cup butter. Beat in the yolks of three eggs, then add two-thirds cup milk. Stir in one cup chopped raisins which have been mixed with a little of the flour, one-half teaspoon cinnamon, one-quarter teaspoon cloves. Sift in two heaping teaspoons Rumford baking powder with flour enough to make a dough which is not very stiff. Bake in a moderate oven.

Miss Van Meenen.

UNBAKED FRUIT CAKE

One-half pound dates chopped fine, one-half pound figs chopped fine, one-half pound citron chopped fine, one-half pound seedless raisins chopped fine, one-half pound walnut meats chopped fine. Grind or chop all together. Make into a loaf and roll in powdered sugar or flour. Keep in a cool place. Ready to cut in twenty-four hours.

Mrs. E. T. Cooke.

GOLD CAKE

One cup white sugar, one-half cup butter, yolks of six eggs, two-thirds cup sweet milk, two teacups flour, one tea-

spoon baking powder. Use as a layer or with one cup broken nut meats.

Mrs. C. H. Murray.

INFALLIBLE LAYER CAKE

Break two eggs into a cup and fill with sour cream. Pour into a bowl and stir well together, adding one-half teaspoon soda dissolved in a little of the cream. Add one cup sugar, one and one-half cups flour, and one and one-half teaspoons baking powder in flour. Bake in layers in a quick oven. Use any desired filling.

Mrs. John Sutcliffe.

MRS. OGREN'S LIGHTNING CAKE

One and one-half cups unsifted flour, one cup sugar, two teaspoons baking powder, two eggs broken into cup, fill cup with sweet milk and put into mixture, four tablespoons melted butter, not hot, one-half teaspoon salt and any kind of flavoring. Beat very hard until light.

Eva Ogren.

MARSHMALLOW LAYER CAKE

Three-quarters cup butter, two cups granulated sugar, whites of ten eggs, two pints flour, two teaspoons baking powder, one cup rich milk, one teaspoon vanilla. Rub butter and sugar to a white cream, add whites of eggs beaten three at a time and beat the mixture a little between each addition of eggs. Then add flour, sifted with the baking powder, milk and vanilla.

Filling: One and one-half cups sugar, one-half cup water, whites of three eggs, one teaspoon vanilla, one-half teaspoon citric acid. Boil sugar and water to a thick syrup.

Beat eggs stiff, and mix in syrup, add vanilla and citric acid. Beat until cold.

Mrs. E. M. Landis.

MOCHA CAKE

Yolks of five eggs creamed with one cup confectioner's sugar, and one tablespoon butter that has previously been creamed; two tablespoons mocha essence, two tablespoons strong coffee (hot), one cup flour, one heaping teaspoon baking powder, pinch salt. Last, well beaten whites. Bake in layers. Put together with mocha flavored whipped cream.

Mrs. Charles J. Tonk.

NUT CAKE

Inexpensive and excellent. One cup sugar, one and three-quarters cups flour, one cup chopped nuts, three-quarters cup milk or water, two tablespoons butter, two teaspoons baking powder, two eggs, salt and flavoring, preferably almond.

Miss Elizabeth E. Church.

NUT LOAF CAKE

One-half cup butter, two cups sugar, three eggs, one cup of half milk and half water, one cup English walnuts broken fine, flour, two teaspoons Rumford baking powder, lemon flavor. Bake slowly one and one-quarter to one and one-half hours.

Mrs. Alexander McLean.

NUT TEA CAKES

One cup light brown sugar, one-half cup butter, one-half cup sweet milk, one egg yolk, whites of two eggs, two cups

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flour, two teaspoons baking powder, one teaspoon vanilla, one cup hickory nut meats. Cream butter and sugar, add milk and egg whites and yolk well beaten. Stir in the flour, baking powder, and nut meats well mixed together and drop on well oiled tin one inch and one-half apart.

Mrs. Frank W. Werner.

OAT MEAL MACAROONS
No. 1

Two-thirds cup butter, two-thirds cup brown sugar, one cup rolled oats, one egg, one teaspoon soda, one cup flour. Roll very thin and bake in a hot oven. If too dry to roll easily, add one tablespoon cream.

Mrs. B. F. Bullard.

OAT MEAL MACAROONS
No. 2

Two eggs, one cup sugar, two full tablespoons butter, melted, one small teaspoon salt, three cups rolled oats, one heaping teaspoon baking powder, one teaspoon vanilla. No flour. Drop with teaspoon on greased tins about three inches apart. Moderate oven.

Mrs. B. F. Bullard.

ONE EGG CAKE

Two cups flour, two teaspoons cream of tartar, one teaspoon soda, one cup sugar, two tablespoons butter, one egg. Put the soda in a cup, break the egg in the same cup, fill up with sweet milk. Stir well and pour into flour in which the cream of tartar has been sifted. Add butter and sugar which have been creamed. Beat well and flavor with lemon or vanilla. Bake in a moderate oven.

Miss Van Meenen.

ONE, TWO, THREE, FOUR CAKE

One cup butter, two cups sugar, three cups flour, four eggs, one cup milk, two rounded teaspoons baking powder sifted with flour. Cream butter and sugar, add flour and milk alternately, beat eggs lightly and add. Bake in loaf. This makes a large cake.

Mrs. W. M. Thomas.

ORANGE CAKE
No. 1

Two cups sugar, three-quarters cup butter, whites of three, yolks of five eggs. Grate rind of one large orange, add juice and fill cup up with water. Three cups flour, two teaspoons baking powder. Frosting, boiled, using two cups of sugar, one cup water, whites of two eggs, one tablespoon orange pulp. (This makes two sheets or four layers.)

Mrs. William G. Cook.

ORANGE CAKE
No. 2

Three-quarters cup butter, one cup sugar, two cups flour, one-half cup orange juice, yolks of eight eggs, two teaspoons baking powder, grated rind of one orange, citron cut in thin pieces. Bake in loaf and use white icing.

Miss Elizabeth E. Church.

PEACH CAKE

Peel nine or ten peaches, halve. Cover bottom of long shallow cake tin with oiled paper. Place peaches upside down on paper and pour over them any rich plain cake batter. Bake in moderate oven until cake is done. Cool and turn out on platter with peaches on top. Sprinkle

lightly with powdered sugar. Serve with plain cream, chilled whipped cream, flavored, or with a cottage pudding sauce.

Miss Margaret Dawes.

PINK AND WHITE CAKE

Two cups sugar, three-quarters cup butter, six eggs, whites only, one cup cold water, three cups flour, two teaspoons baking powder. Cream butter and one and one-quarter cups of sugar. Add flour and cold water alternately. Then the beaten whites containing the remainder of the sugar. Color half of mixture pink. Bake in two layers, put together with white icing. Delicious.

Mrs. E. B. Whitfield.

PRINCE OF WALES CAKE

Butter size of an egg, one and one-quarter cups sugar, cream together. Three eggs, save two of the whites for frosting. Beat, and add to above: Five tablespoons molasses, scant, one teaspoon cinnamon, one teaspoon allspice, three-quarters teaspoon cloves, one-half teaspoon grated nutmeg, one and one-quarter cups sour milk, in which dissolve one and one-half level teaspoons soda, stir well before adding to batter. Two and one-quarter level cups flour sifted three times after measuring, three-quarters cup raisins, chopped and dredged with some of the flour, one-quarter cup chopped walnuts. Bake in moderate oven three-quarters to one hour in square flat pan. When cool ice with one cup sugar, one-quarter cup water, boil till it threads. Add two egg whites well beaten and one-half teaspoon lemon extract.

Mrs. Harry Olson.

RAISED CAKE

This recipe is at least one hundred and fifty years old. Except for the modern yeast cake, it is just as Great Grandmother made it. It is better after a few days. Nine cups flour, four cups sugar, three cups butter, one and one-half large yeast cakes (one cup home made yeast), two eggs, one pint milk, one teaspoon saleratus, one wineglass brandy, one grated nutmeg, enough raisins, currants, chopped citron, lemon and orange peel to make three-quarters of a pound. Cream butter, add sugar gradually, blend well. Take one-half this mixture, add to it one-half the flour, well sifted; heat milk, when lukewarm, dissolve yeast in it, add, and beat all well. Set to rise in warm place, well covered for seven or eight hours. Then add the remainder of the butter and sugar, soda dissolved in a little water, one-quarter teaspoon salt, the eggs, beaten till light, nutmeg, brandy and the remainder of the sifted flour, then floured fruit. Grease three large bread tins, put one-third of the mixture into each, set to rise again in a warm place, for two or three hours, and bake like bread. Very good and a little different.

MRS. S. D. SNOW.

SHORT CAKE DOUGH

Sift together three times: Two cups flour, one-half teaspoon salt, two rounded teaspoons baking powder. Now rub in with the hands one-quarter cup butter. Beat one egg well, mix with a scant cup sweet milk, and beat into the flour. Bake quickly. Let cool before cutting.

MRS. CHARLES J. TONK.

SMALL CAKES OR LOAF CAKE

One cup granulated sugar, one-half cup butter or lard (or mixed), one-half cup milk, one and one-half cups flour, two level teaspoons baking powder, two eggs, separate yolks

and whites. Beat butter to a cream, add sugar gradually, then the beaten yolks, the flour and the milk alternately, and lastly, the stiffly beaten whites. The baking powder is sifted with the flour. Cover with powdered sugar or cocoanut.

Miss Allie F. Armstrong.

SNOWFLAKE CAKE

Whites of four eggs, half cup of butter, one and one-half cups sugar, three-quarters cup milk; two cups pastry flour, sifted four times with two and one-half level teaspoons baking powder, one teaspoon vanilla. Cream butter, add sugar and beat; add a little of the flour, then milk and flour alternately until all is used. Beat five minutes with an up stroke and always in the same direction. Add flavoring and the stiffly beaten whites, cutting them in lightly. Pour into a tube pan that has been greased and floured. Bake in moderate oven. Ice.

Mrs. W. M. Thomas.

RICH SOUR CREAM CAKE

Break two eggs into measuring cup, fill up with cream, one cup sugar, one and one-half cups flour, one teaspoon soda, one teaspoon cream of tartar, salt and flavoring. Good for loaf or layers.

Miss Elizabeth E. Church.

MRS. OGREN'S SOUR MILK CAKE

One egg, one cup sugar, butter size of egg, one-half cup chopped raisins, one teaspoon cinnamon, one-half teaspoon cloves, two cups flour, one-half teaspoon salt, one teaspoon soda put in one cup of sour milk or cream. Bake one-half hour.

Eva Ogren.

SOUR MILK CAKE
No. 1

One and one-quarter cups sugar, one large tablespoon butter, two eggs, one cup sour milk, with one-half teaspoon soda, and two cups flour with one teaspoon baking powder. Bake in a moderate oven.

Mrs. Joseph Frank.

SOUR MILK CAKE
No. 2

One-quarter cup butter, one cup sugar, one cup sour milk, two cups flour, one level teaspoon soda, cloves and cinnamon to taste. Bake slowly forty-five minutes.

Mrs. L. M. Berry.

SPICE CAKE WITH FUDGE FROSTING

Two cups sugar, one-half cup butter and lard, mixed, three egg yolks, dropped in one by one and beaten, one small cup sour milk, two and one-half cups flour, one cup raisins, plumped in hot water and dried, one teaspoon cinnamon and cloves, one teaspoon soda, two tablespoons cocoa. Beat, add white of eggs, well beaten.

Frosting: Two cups brown sugar, one cup milk, piece of butter size of egg. Cook until it threads. Let stand for five minutes, and then beat.

Mrs. E. B. Whitfield.

CREAM SPICE CAKE

Two cups brown sugar, one-half cup butter, two teaspoons cinnamon, one-half teaspoon cloves, one cup sour cream, one teaspoon soda, two eggs, two cups flour.

Frosting: One cup powdered sugar. Orange juice enough to have it stick together.

Mrs. F. H. Gansbergen.

SPICE CAKE

No. 1

Two cups sugar, two and one-half cups pastry flour, one cup sweet milk, three-quarters cup butter, one-half cup raisins, one-half cup nuts, cut or chopped, three eggs, one-half nutmeg, one-half teaspoon cloves, one teaspoon cinnamon, three teaspoons baking powder. Bake in two loaves to cut in squares. Moderate oven.

Miss Elizabeth E. Church.

SPICE CAKE

No. 2

One cup butter, or less, two cups brown sugar, one cup buttermilk, three and one-quarter cups flour, three eggs, four teaspoons cocoa, one teaspoon cinnamon, one-half teaspoon cloves, one nutmeg, salt, two teaspoons soda. Bake in gem tins.

Miss Elizabeth E. Church.

SPICE CAKE

No. 3

Two cups brown sugar, four eggs, one-half cup butter, one teaspoon soda, one cup thick sour milk, two teaspoons cinnamon, two teaspoons nutmeg, one-half teaspoon cloves, one cup raisins, two cups flour.

Mrs. S. F. Perrigo.

SPICE CAKE

No. 4

One cup granulated sugar, butter the size of an egg, one egg, one cup sour milk, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon each cloves and allspice, one and one-half cups flour.

Mrs. W. M. Thomas.

SPICE CAKE
No. 5

One egg, one-half cup sour milk, one cup sugar, one teaspoon soda, two cups flour, one teaspoon cinnamon, one-half cup raisins, one-half cup nuts.

Mrs. George A. MacCorkle.

SPONGE CAKE
No. 1

This is a nice and inexpensive cake. Served hot with sauce, it is a good pudding; cold, it may be cut in thin slices and heaped with sweetened whipped cream, flavored with vanilla. It is also a good batter to pour over apple, peach or plum cake. One and one-half cups flour, two teaspoons Rumford baking powder, one cup sugar, one teaspoon flavoring (may be omitted), two eggs, milk or cream. Sift flour, baking powder and sugar together three times, adding a pinch of salt. Break the eggs into a half-pint cup, and fill to the brim with milk or cream. Turn this into mixing bowl, and beat well, adding gradually the sifted dry ingredients. Then add flavoring, and beat for five minutes. Bake from twenty to forty minutes in a moderate oven. It may be baked in an oblong, shallow pan; when done, turn it out, spread jelly or jam over it, and roll up for a jelly roll. Or it will make a good layer cake, with jelly, whipped cream, fruit, cocoanut, or melted sweet chocolate between the layers.

Mrs. S. D. Snow.

SPONGE CAKE
No. 2

Five eggs, two scant cups sugar, four tablespoons boiling water, two cups sifted flour, two teaspoons baking powder, one-half teaspoon lemon extract, if desired—not necessary.

Beat yolks of eggs very light, then add sugar gradually. Beat together for about five minutes. Add boiling water slowly. Stir in sifted flour and baking powder. Last, the beaten whites of eggs folded in. Bake in a moderate oven twenty to thirty minutes.

Mrs. William A. Olson.

SPONGE CAKE
No. 3

Two eggs, scant cup sugar, one-half cup hot water, one cup flour, heaping teaspoon baking powder, one-quarter teaspoon salt, one-half teaspoon vanilla. Beat eggs till smooth. Sift flour and baking powder together four times. Add sugar to eggs, then flour; cream well together, add water with flavoring and salt. Bake twenty-five minutes in moderate oven.

Mrs. B. H. Clark.

SPONGE CAKE
No. 4

Six eggs, one and one-half cups granulated sugar, one cup flour, one tablespoon lemon juice. Beat yolks stiff, add sugar. Beat whites separately, add lemon juice, beat until it has a cooked appearance; add yolks and sugar slowly, then add flour, folding it in. Sift flour and sugar five or six times. Bake slowly.

Mrs. W. M. Thomas.

SPONGE CAKE
No. 5

One and one-half cups sugar, one and one-half cups flour, four eggs, one-half cup orange juice, one teaspoon baking powder, one teaspoon vanilla. Beat yolks with

orange juice until foamy. Add sugar, flour and whites of eggs, well beaten. Bake in moderate oven.

Mrs. E. B. Whitfield.

SPONGE CAKE
No. 6

Two eggs, one cup sugar, one cup flour, one teaspoon baking powder sifted with flour, one-third cup hot water, one-quarter teaspoon salt, flavoring. Beat eggs lightly, add other ingredients in order given.

Mrs. W. M. Thomas.

SPONGE CAKE
No. 7

Three eggs, beaten separately. One cup sugar, one cup flour, one-half cup hot water, one teaspoon baking powder. Add whites last. Bake slowly either in a loaf or in gem pans.

Mrs. J. Henry Truman.

SPONGE DROPS

Two eggs beaten very light. Beat in a scant cup of sugar, and an even cup flour, one heaping teaspoon baking powder, scant half-cup boiling water, one-half teaspoon vanilla. Use wire egg beater in place of spoon. Moderate oven. (This baked in two layers makes an excellent cake for Washington pie or strawberry short cake.)

Mrs. William G. Cook.

SUNSHINE CAKE

Six eggs, well beaten separately, one and one-quarter cups sugar, one cup flour, one-third teaspoon cream tartar,

pinch salt. Beat whites of eggs until foamy, add cream of tartar, beat very stiff, add sugar; put salt in egg yolks, beat, add to beaten whites and sugar, fold in flour. Bake forty minutes.

Mrs. Frank W. Werner.

SAND TARTS

One-half pound butter, one pound brown sugar (two and three-quarters cups), three eggs, one pound flour (four cups). Cream butter, add sugar, beaten eggs (leaving out the white of one), and lastly, the flour. Roll thin, cut into three-inch squares. Brush over with the white of egg and sprinkle with granulated sugar and cinnamon mixed. Put a raisin or half walnut in center of each and bake in a quick oven.

Miss Allie F. Armstrong.

VANILLA WAFERS

One cup sugar, two-thirds cup butter, one egg, four tablespoons milk, two teaspoons baking powder, two teaspoons vanilla, flour to roll. Roll thin.

Mrs. C. A. Goodwin.

WASHINGTON PIE

One egg, one-half cup butter, one cup sweet milk, one cup sugar, two cups flour, two teaspoons baking powder. Bake in two layers, when done put between them some kind of jam. Nice for dessert.

Mrs. Martin Madson.

WALNUT CAKE

One cup sugar, one cup butter, four eggs, beaten separately, one-half cup milk, two cups flour, three teaspoons

baking powder, one cup walnuts, chopped fine. Bake in layers in moderate oven.

Filling: One cup milk or cream, one-half cup sugar, two egg yolks, one teaspoon cornstarch. Mix thoroughly and boil until it thickens. Let cool and add vanilla and one cup chopped nuts.

Mrs. Louis Wittbold.

WHITE CAKE FOR LOAF OR LAYER
No. 1

One and one-half cups sugar, one-half cup butter, one cup milk, three cups flour, three teaspoons baking powder, salt and flavoring, whites of four eggs. To vary this, two cups flour and one cup cornstarch is good. Made in three layers, with currants in the middle one, raisins and nuts added to boiled frosting to put between the layers and plain icing on top, is a truly regal cake.

Miss Elizabeth E. Church.

WHITE CAKE
No. 2

Cream one cup sugar with one-half cup butter, add two-thirds cup milk. Sift two heaping teaspoons Rumford baking powder in flour enough to make a soft dough. Flavor with vanilla. Stir in the beaten whites of three eggs and bake in a moderate oven.

Miss Van Meenen.

WHITE CAKE
No. 3

One-half cup butter, two cups flour, one and one-half cups sugar, two teaspoons baking powder, three-quarters cup milk, four egg whites beaten stiff.

Mrs. Lewis B. Sinclair.

WHITE CAKE
No. 4

Whites of six eggs, one and one-half cups sugar, one-half cup butter, three-quarters cup milk, two cups flour, one teaspoon baking powder.

Mrs. C. H. Murray.

WHITE CAKE WITH CHOCOLATE FILLING

Two eggs, beat. One cup sugar, beat. One cup flour, beat all together. One teaspoon baking powder, pinch of salt. Heat one-half cup milk with two tablespoons butter. Pour boiling milk on the mixture. It will become very thin, but thickens in cooking.

Filling: One-half cup brown sugar, four tablespoons bitter chocolate, three tablespoons cream, or four of milk. Cook just enough to thicken. Very good.

Mrs. E. B. Whitfield.

BOSTON COOKIES

Three-quarters cup butter, one and one-half cups sugar, three eggs beaten light, one teaspoon soda dissolved in one-quarter cup hot water, three cups flour, one cup chopped nuts, one cup chopped raisins, one teaspoon cinnamon. Drop on buttered tins by teaspoonsful. Bake in moderate oven.

Mrs. William G. Cook.

CHOCOLATE COOKIES

One cup brown sugar, one-half cup melted butter, one egg, one-half cup sweet milk, in which one-half teaspoon soda is dissolved, two tablespoons melted chocolate, one and one-half cups sifted flour, three-quarters cup raisins, three-

quarters cup chopped nuts. Drop on greased tin from spoon.

Mrs. Frank W. Werner.

FRUIT COOKIES
No. 1

Two cups light brown sugar, one cup butter and lard, two eggs beaten, two-thirds cup cream or sour milk, one teaspoon soda, two teaspoons cinnamon, one-half teaspoon cloves, one-half teaspoon nutmeg, two cups raisins, one-half cup chopped nuts, pinch of salt, about three and one-half cups flour. Mix in order given. Use enough flour to make it easy to handle but do not get too stiff. Roll out and cut round, sprinkle granulated sugar over top and put a nut in the center of each. Do not have oven too hot. Watch closely.

Mrs. W. M. Thomas.

FRUIT COOKIES
No. 2

Beat to a cream one cup sugar, one-half cup butter or shortening; add one-half cup sweet milk, one egg well beaten, two and one-half cups flour, three level teaspoons baking powder. Cut out rounds, moisten edges, and put together with the following filling between: Three-quarters cup sugar, one cup boiling water, one cup chopped raisins or figs, one-half cup nut meats. Press edges together and bake.

Mrs. Frank W. Werner.

GINGER COOKIES

One cup each of sugar, butter and New Orleans molasses; beat well. Pour over this one-half cup of boiling water and add one tablespoon even full of soda. Put on stove to

boil. Cool; add one teaspoon ginger, flour enough to roll. Roll thin and bake in hot oven.

Mrs. Martin Madson.

OATMEAL COOKIES

No. 1

One cup sugar, one cup butter and lard, two eggs, two tablespoons sour or buttermilk mixed with one teaspoon soda, one teaspoon cinnamon, one-half teaspoon allspice, one-half teaspoon cloves, one-half teaspoon nutmeg, one cup chopped raisins, one-half cup chopped English walnuts, two cups uncooked rolled oats, two cups flour. Drop on buttered tins with teaspoon. This makes about fifty cookies.

Mrs. Fred P. Pool.

OATMEAL COOKIES

No. 2

One cup sugar, three-quarters cup lard or butter, one and one-half cups flour, one and one-half cups oatmeal, one cup chopped raisins, two eggs, two teaspoons cinnamon, three-quarters teaspoon soda dissolved in hot water.

Mrs. J. Henry Truman.

PISTACHIO COOKIES

One cup granulated sugar, one-half cup butter, yolks of two eggs, three tablespoons sour cream, one-fourth teaspoon soda, one cup Sultana raisins, one large teaspoon pistachio flavoring, flour enough to make a soft dough. Sprinkle with sugar.

Mrs. Martin Madson.

SOUR CREAM COOKIES

One cup sugar, one cup butter, one cup sour cream, three eggs beaten, one teaspoon soda, one scant teaspoon

baking powder. Cream sugar and butter, dissolve soda in cream; mix together, and add enough flour to make a soft dough. Flavor to taste. Roll out rather thick, sprinkle granulated sugar over top. Bake in moderate oven.

Mrs. W. M. Thomas.

CHOCOLATE CRULLERS

Two eggs, beaten until creamy, one cup sugar, one tablespoon melted butter, one-half teaspoon each of salt and cinnamon, one square grated chocolate. Mix the above well, and add one cup sweet milk, three cups flour, two teaspoons baking powder. Roll out about one-fourth inch thick, cut and cook in smoking hot fat to a golden brown. When cool roll in sugar.

Mrs. B. F. Bullard.

DOUGHNUTS
No. 1

Two eggs, two small cups sugar, one pint milk, one-quarter teaspoon salt, three teaspoons baking powder, four small cups flour. Make a stiff batter of these ingredients, and drop from tablespoon into hot lard. When done sprinkle with powdered sugar.

Mrs. Joseph Frank.

DOUGHNUTS
No. 2

One cup sugar, dissolved in one cup milk. Yolks of four eggs well beaten, one-half grated nutmeg, three level teaspoons baking powder, flour enough to make soft dough. Economical, because whites of eggs may be used for cake.

Mrs. E. B. Whitfield.

POTATO FRIED CAKES

Four heaped tablespoons, or more, of mashed potatoes, butter about size of English walnut, one cup granulated sugar, one-half cup sweet milk, two eggs, four teaspoons baking powder, salt, vanilla and nutmeg, flour to roll very soft, sifted two or three times. This makes three dozen.

Miss Elizabeth E. Church.

GINGERBREAD
No. 1

One cup molasses, one cup sugar, four large spoonsful melted shortening, one cup sour milk, one teaspoon soda, in warm water, two eggs, not beaten, flour enough to make a soft dough, about two and one-half cups, one teaspoon ginger, two teaspoons cinnamon, and the juice of one lemon. Bake one hour in a very slow oven.

Miss Van Meenen.

GINGERBREAD
No. 2

One cup molasses, one teaspoon soda, one teaspoon ginger, one tablespoon butter or lard, one-half cup boiling water, two cups flour, a little salt. Stir molasses, soda, ginger, butter and salt together, then pour on boiling water and add flour. Beat well and bake in a shallow pan.

Mrs. C. A. Goodwin.

GINGERBREAD
No. 3

One-half cup lard, one teaspoon soda, salt. Fill the cup with *boiling* water. One cup molasses, one level teaspoon ginger, one heaping teaspoon cinnamon, one and one-half cups flour.

Mrs. J. Henry Truman.

GINGERBREAD
No. 4

One-half cup sugar, one-half cup molasses, one-half cup lard and butter, one-half cup water, one teaspoon soda, one and one-half cups flour, one egg.

Mrs. Edward H. Turner.

GINGER DROPS

One cup each of sugar, molasses, lard and hot water, one teaspoon soda, a pinch of salt, ginger to taste, flour to make very stiff. Drop in dabs quite far apart in buttered tins. Sprinkle with sugar and bake quickly. It may require two or three trials to make these just right.

Mrs. Martin Madson.

SOFT GINGERBREAD
No. 1

To one and one-half cups sifted flour add one level tablespoon ginger, one level teaspoon cinnamon, a scant level teaspoon soda and a few grains of salt. Mix well and sift. Beat one-fourth cup butter and one-fourth cup light brown sugar to a cream, add one egg well beaten and gradually one-half cup New Orleans molasses. Add alternately with one-half cup thick sour milk to the dry ingredients. Beat to a smooth batter, pour onto a well buttered pan and bake immediately in a moderate oven.

Mrs. George Campbell.

SOFT GINGERBREAD
No. 2

One cup brown sugar, one cup molasses, one-half cup butter, one cup warm water, one egg, one level teaspoon soda, two cups flour, one teaspoon ginger, one teaspoon cin-

namon, one-half teaspoon cloves. Bake in two sheet pans, in slow oven one-half hour.

Mrs. Lewis B. Sinclair.

SOFT GINGERBREAD

No. 3

Butter size of egg, melt, stir into one cup molasses, heated. One teaspoon ginger, one-half teaspoon cinnamon. Cool, and add two cups flour, one teaspoon soda dissolved in one tablespoon hot water. Bake in hot oven. Cheap and good.

Mrs. E. B. Whitfield.

HERMITS

No. 1

One and one-half cups brown sugar, one cup butter, three eggs well beaten, two tablespoons molasses, one teaspoon soda, little salt, one teaspoon cinnamon, two and one-half cups flour, one cup English walnuts cut up, one cup raisins cut up. Drop by teaspoonsful in buttered tins and bake ten or fifteen minutes.

Mrs. D. C. Prescott.

HERMITS

No. 2

Three cups brown sugar, one cup butter, or half drippings, one cup sour milk, one large teaspoon soda, four eggs, two teaspoons cinnamon, two teaspoons cloves, two teaspoons nutmeg, two cups chopped raisins, or part nuts. Flour so batter will drop from spoon, three and one-eighth cups. This makes thirty-four cakes.

Miss Elizabeth E. Church.

CARAMEL FILLING

One and one-half cups brown sugar, three-fourths cup sweet cream, small piece of butter. Boil until thick enough to spread on cake.

Mrs. Martin Madson.

DELICIOUS CAKE FILLING

One cup sugar, one-quarter cup water, boil till it threads, about six minutes. Allow to cool without stirring, and then stir till creamy. One cup fresh cocoanut, the grated rind of an orange. Wash the orange well, and only grate off the yellow part. Combine with fondant, and spread over cake.

Mrs. S. D. Snow.

SOUR CREAM FILLING FOR CAKE

One cup each of sour cream, sugar and chopped nuts. Boil until it strings from spoon. Beat until ready for cake.

Mrs. Martin Madson.

BOILED FROSTING

Into a double cooker put one cup sugar, four tablespoons cold water, whites of two eggs. Beat for ten minutes. Keep boiling while beating.

Mrs. Willis I. Saunders.

MILK FROSTING

Boil one and one-half cups of sugar, one-half cup sweet milk, one teaspoon butter twelve minutes, remove from the

stove and add one teaspoon vanilla. Beat until of the consistency to spread.

Mrs. Martin Madson.

GELATINE ICING

Cover a tablespoon of gelatine with four of water, soak for one-half hour, then dissolve over hot water, strain into a bowl. Add a teaspoon of lemon juice and as much powdered sugar as will spread over the cake nicely.

Mrs. Martin Madson.

MAPLE ICING

Three cups brown sugar, six tablespoons cream, five tablespoons butter. Mix over fire, boil about five minutes till small amount dropped in water forms soft ball. Remove from fire and stir till it will spread nicely.

Mrs. E. T. Cooke.

PUDDINGS AND PASTRY

BREAD PUDDING

One pint milk, one-half cup sugar, one cup fine bread crumbs, two eggs, one tablespoon melted butter, nutmeg to taste, one-half cup raisins, one-eighth teaspoon soda dissolved in hot water. Soak the bread in the milk, beat the yolks separately, then add the soaked bread and beat together. Add the sugar, butter, spice, and then the soda. Fold in the beaten whites. Bake until the custard will raise at the edges with a spoon.

Mrs. Lester L. Jones.

CARROT PUDDING

One and one-half cups flour, one cup sugar, one cup chopped suet, one cup raisins, one cup currants, one cup grated potato, one cup grated carrots, one teaspoon soda in potato. Steam or boil three hours. Pound baking powder cans are nice.

Sauce: One cup sugar, one-half cup butter. Put over hot water to melt. Add whipped cream just before serving.

Mrs. Dean S. Conger.

CHERRY PUDDING

Two eggs, one cup sweet milk, two teaspoons baking powder, one tablespoon melted butter, flour enough to make a stiff batter. Stir in fresh or canned cherries. Steam in cups or molds one-half hour. Serve with sauce made with cherry juice.

Mrs. W. P. Dunn.

CHOCOLATE PUDDING

One pint milk, one-half cup sugar, two tablespoons cocoa, one heaping tablespoon cornstarch. Heat milk in double boiler. Mix sugar, cocoa, cornstarch well together and add to milk. Boil until thickened. One-half cup chopped nuts adds much to pudding.

Mrs. James W. Buell.

CHOCOLATE LADY FINGER PUDDING

One cake sweet chocolate, cut up, put in double boiler with four tablespoons water, three tablespoons sugar, two eggs, yolks only, slightly beaten. Stir gently until thick. Remove from fire, add whites, beaten until stiff. Line bread tin with oiled paper. Split lady fingers, lay in pan lengthwise. Put on layer of chocolate, then layer of lady fingers, crosswise, then layer of chocolate, then lady fingers. Let harden and serve with whipped cream. Delicious.

Mrs. E. B. Whitfield.

COCOA ROLL

Five eggs, five tablespoons granulated sugar, five teaspoons cocoa, one teaspoon vanilla. Beat yolks until light, add sugar and beat again, add cocoa and vanilla. Beat whites ten minutes, fold in last, and bake in flat pan, like jelly roll. When done roll in napkin until cold. Fill with whipped cream, roll. Pour over sauce made of one egg, one-half cup sugar, one-half cup grated chocolate.

Mrs. E. B. Whitfield.

CORNSTARCH PUDDING

Dissolve two level tablespoons cornstarch in a little milk, taken from a pint (the quantity used for the pud-

ding). Stir in the milk one small half-cup of sugar, a pinch of salt; let come to a boil in a double boiler. Now stir in the dissolved cornstarch and cook, stirring constantly. Remove from fire and add the stiffly beaten whites of three eggs. Put in a mold. Make a soft custard of three yolks, one-third cup sugar, one pint milk, one-half teaspoon cornstarch. Pour over molded pudding when ready to serve. Have ice-cold.

Mrs. Charles J. Tonk.

DATE PUDDING
No. 1

One-half pound dates, one cup walnuts, five Uneeda biscuits, one cup sugar, one and one-half teaspoons baking powder, four eggs. Put through food chopper the dates, walnuts and Uneeda biscuits. Mix with this the sugar and baking powder. Separate eggs and beat thoroughly. Mix and bake in sheet pan thirty to forty minutes in slow oven. Serve with whipped cream.

Mrs. L. S. Berry.

DATE PUDDING
No. 2

One egg, one-half cup sugar, pinch salt, one tablespoon milk, one tablespoon flour, one scant teaspoon baking powder, one cup chopped nut meats, one cup chopped dates. Bake in buttered gem pans, in moderate oven.

Sauce: One-half cup butter, one-half cup sugar, one-half cup water, juice of one lemon. Cook in double boiler.

Mrs. Lewis B. Sinclair.

FIG PUDDING
No. 1

One pound figs, chopped fine, two tablespoons flour, two eggs, two teaspoons ground nutmeg, one cup lemon and

orange peel and citron, chopped, one cup bread crumbs, one cup brown sugar, one cup suet, one teaspoon cinnamon, one-half teaspoon soda, sweet milk to mix. Rub figs and sugar to a paste, mix in the bread crumbs, flour and nutmeg, add the suet and fruit. Beat eggs light, add with the milk, in which the soda has been dissolved. Put the mixture into buttered molds and steam four hours. Serve hot with any nice pudding sauce.

Mrs. Dean S. Conger.

FIG PUDDING
No. 2

Put ten cents' worth figs through meat grinder, add one and one-half cups cold water and one cup sugar, a little salt. Boil till thick. Soak one-half package Knox gelatine in one-half cup cold water, add it to fig mixture, and mold. Cut in cubes and serve with whipped cream. Enough for eight, but will keep.

Mrs. J. M. Coen.

FIG PUDDING
No. 3

Two eggs, one teaspoon salt, one-half cup flour, two teaspoons baking powder, one-half cup milk, one cup sugar, one cup bread crumbs, one cup figs, chopped fine, one-half cup suet, chopped fine. Mix dry ingredients; to them add milk and eggs, well beaten. Butter mold and steam three hours.

Mrs. James W. Buell.

FIG PUDDING
No. 4

Two parts cereal, one part dates, one part figs and one part nuts. Make into a loaf and serve sliced with cream.

Mrs. E. T. Cooke.

FRUIT PUDDING

One cup chopped apples, three-quarters cup sugar, one cup seeded raisins, one-half cup bread crumbs, two well beaten eggs, one-half cup chopped nuts, one wineglass brandy, one teaspoon each cinnamon and nutmeg. Bake very slowly one and one-half hours. Serve with hot sauce.

Mrs. Charles J. Tonk.

GRAHAM PUDDING

One cup sweet milk, one egg, one-half cup molasses, one-half cup sugar, two cups graham flour, one level teaspoon each of soda and salt. Steam two hours. Serve with sauce or cream.

Miss Van Meenen.

GERMAN CHOCOLATE PUDDING

One pint bread crumbs, soaked in one pint of hot milk, three eggs, three heaping tablespoons sugar, one-quarter pound grated chocolate. Beat eggs and mix all ingredients thoroughly. Put into buttered pan and steam two hours. Serve with whipped cream or slightly sweetened and thickened raspberry juice, or any simple pudding sauce.

Mrs. George Campbell.

HONEY PUDDING

Pour two-thirds cup of strained honey over two cups stale bread crumbs, add the juice of one lemon, one heaping tablespoon butter, melted, beaten yolks of three eggs, and one-half cup milk. Mix all together well, then add gradually the stiffly beaten whites of eggs, and pour into a buttered pan. Steam for one hour. Serve hot with whipped cream.

Mrs. Charles J. Tonk.

BAKED INDIAN PUDDING
(Home Defense Pudding)

This is a very old recipe, handed down from Puritan ancestors. One-half cup Indian meal, one and one-half pints rich milk; boil together over a low fire, seasoning with salt and stirring constantly for about twenty minutes. First heat a little of the milk, add meal and salt, cook till thick, and add the remainder of the milk gradually as it thickens. Take from fire and stir in a large cooking spoonful lard, one teaspoon each ground cinnamon and ginger. Break two eggs in a half-pint cup, beat, and fill cup to the brim with New Orleans molasses. Turn this into the seasoned meal and beat well. Grease a baking dish, pour in mixture and bake, covered, in not too hot an oven for three-quarters of an hour, uncover and brown. This swells a little in baking. It is equally good warmed over. Mix with milk, and brown again in oven. A plain butter and sugar sauce, one tablespoon soft butter to three of powdered sugar, beaten to a cream, is best with this pudding.

Mrs. S. D. Snow.

LEMON CREAM PUDDING

Dissolve three tablespoons cornstarch in cold water, then stir into two cups boiling water, in which is the juice of one lemon. Cook three minutes. Pour in one cup of sugar and then very quickly add the well beaten yolks of two eggs. Boil five minutes. Take off and beat in quickly with egg whip the whites of eggs, beaten dry. Pour into cups. Eat with cream.

Miss Van Meenen.

LITTLE XMAS PUDDINGS

Four tablespoons molasses, one-quarter cup sugar, one-half cup milk, four tablespoons melted butter, one-half tea-

spoon soda, one-half teaspoon cloves, one-quarter teaspoon ginger, one-half teaspoon cinnamon, one-eighth teaspoon nutmeg, one and three-quarters cups flour, one-half cup raisins, one-half cup chopped figs, one-quarter cup chopped dates, two tablespoons chopped orange peel. Mix fruit with three-quarters cup of the required flour. Steam one and one-half hours in individual molds.

Mrs. E. B. Whitfield.

MAPLE NUT PUDDING

Two cups brown sugar, one quart milk. Let come to a boil and add two eggs, well beaten, mixed with two tablespoons cornstarch. When thick remove from fire and beat till somewhat cool. Then add one-half cup coarsely broken walnut meats and one teaspoon vanilla. Serve *cold* in sherbet glasses with whipped or plain cream.

Mrs. B. F. Bullard.

PLUM PUDDING

One and three-quarters cups raisins, one and three-quarters cups currants, two cups bread crumbs, one cup molasses, one cup milk, one cup flour, one teaspoon baking powder, one cup suet, chopped, a little salt, one level teaspoon cinnamon. Steam about three hours, then dry off in oven. Very nice and keeps well.

Mrs. C. H. Murray.

PRUNE PUDDING

Beat the yolks of two eggs with one-half cup sugar until light, add one tablespoon softened butter and one gill milk. Sift together one cup flour and one teaspoon baking powder, stir it in and then stir in the well beaten egg whites and one cup of prunes that have been soaked over night,

drained, and the stones removed. (Cooked prunes may be used.) Chop them with a spoon. Turn this into a pudding mold and steam continuously for two hours. Allow room for swelling or the pudding will be heavy.

Mrs. George Campbell.

PUFF PUDDING

One heaping cup of flour, one teaspoon baking powder sifted together thoroughly, pinch salt, enough water stirred in to make a batter that will drop from spoon. Steam in cups. Four teaspoons fruit and then enough batter to fill your cups two-thirds full; steam one hour.

Sauce: One cup sugar, small tablespoon cornstarch, one tablespoon butter, stir to a cream; two small cups boiling water. Let it boil until it is transparent. Flavor with nutmeg.

Mrs. Martin Madson.

RICE PUDDING

Six teaspoons rice, steamed in milk in double boiler two hours; add a pinch of salt. Whip one-half pint of cream, and when rice is nearly cold whip it into the cream with one heaping tablespoon sugar. Take a small box of red raspberries, mash with a fork, add sugar. Serve this fruit over the rice. Cold.

Mrs. Charles J. Tonk.

RICE PUDDING AND FRUIT

Cook one-half cup rice in milk in a double boiler for two hours. Add one tablespoon sugar and one tablespoon butter to the milk. Serve with preserved strawberries in

a parfait glass—rice, strawberries, rice, etc. Top with the strawberries.

Mrs. Charles J. Tonk.

SUET PUDDING
No. 1

One cup beef suet, chopped fine, one cup sour milk, one cup molasses, one cup fruit, raisins, currants and citron cut fine, one-quarter cup walnut meats, broken into small pieces, three cups flour, one teaspoon salt, one level teaspoon soda sifted into the flour. Mix suet, milk and molasses, sift in the flour, salt and soda, add fruit and nuts, well floured. Steam three hours. Will keep indefinitely, and can be resteamed and made as good as ever. Serve with liquid sauce.

Sauce: One cup sugar, one tablespoon cornstarch mixed with sugar, heaping tablespoon butter, one and one-half cups water. Boil until thick, add strained juice of one lemon, or one-quarter cup Sherry, or any preferred flavoring.

Mrs. S. D. Snow.

SUET PUDDING
No. 2

One cup suet chopped fine, one cup molasses, one cup sweet milk, three and one-half cups flour, one cup raisins, one-half cup currants, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon nutmeg, pinch of salt. Steam two hours. Serve with a sweet sauce.

Mrs. W. M. Thomas.

SUET PUDDING
No. 3

One cup New Orleans molasses, one cup sour milk, one cup chopped suet, one cup raisins, and one-half cup cur-

rants, two cups flour, small teaspoon soda, salt and spice. Mix well and steam two or three hours.

Mrs. Martin Madson.

SUET PUDDING

No. 4

One cup chopped suet, one cup sour milk, one cup molasses, one cup seeded raisins, three cups flour, two level teaspoons soda, pinch salt. Steam three hours.

Mrs. Frank W. Werner.

RAISIN PUFFS

No. 1

One-quarter cup butter, one tablespoon sugar, cream together. One egg well beaten, one-half cup chopped raisins, one-half cup milk, one cup flour, one and one-half teaspoons baking powder sifted with flour. Combine in the above order, and put in molds. Fill the molds only half full. Steam thirty minutes.

Sauce: Diluted grape juice, sugar, butter, slightly thickened. Cook just long enough to combine.

Mrs. Henry Olson.

RAISIN PUFFS

No. 2

Two eggs, four tablespoons melted butter, two cups flour, one cup sweet milk, two tablespoons sugar, two teaspoons baking powder, one cup seeded raisins, chopped fine. Steam in teacups half to three-quarters of an hour. Serve with hard or liquid sauce.

Miss Margaret Dawes.

APPLE ROLL

Two cups flour, one cup milk, two-thirds cup sugar, two teaspoons baking powder, one-half teaspoon salt, two teaspoons lard, fresh or canned apples, cinnamon, one pint of boiling water, one tablespoon butter, one and one-half teaspoons flour. Sift two cups of flour, salt and baking powder together. Rub the lard in. Mix in the milk as for biscuit. Roll one-half inch thick. Fill this with thinly sliced apples, sprinkled with one-half the sugar and roll up quickly. Put the roll in a well buttered pan. Mix the rest of the sugar with one-half teaspoon cinnamon. Add one and one-half teaspoons flour, butter and boiling water. Pour over the roll. Bake fifty minutes, if fresh apples; thirty minutes if cooked fruit is used. Any kind of fruit and juice may be substituted, using juice instead of boiling water.

Mrs. Alexander McLean.

PIE CRUST
(Never Fails)

Sift three cups flour into a bowl, leaving a hole in the center, into which put a little salt, and one cup of ice cold lard. Over this pour one-half cup of ice water, and chop with a knife until all the flour is used. Handle as little as possible.

Mrs. Charles J. Tonk.

APPLE PIE

Make the usual pie crust. Then make the filling of three-quarters cup of sugar, three teaspoons water, one teaspoon flour, piece of butter size of walnut. Put mixture on the stove, stirring as it cooks, pour over filling of

apples, put top crust in place and bake in a moderate oven.

Mrs. Edward H. Turner.

BANBURY TARTS

Mix a double portion of pie crust for Banbury tarts. Roll thin, and cut the size of a saucer.

Filling: Two cups of chopped raisins, juice, grated rind and pulp of two lemons, two cups of sugar, whites of two eggs, beaten to a stiff froth, six tablespoons of rolled cracker crumbs. Mix thoroughly all together.

Put a good-sized tablespoon of this filling in the center of the round pie crust, fold it together in the form of a turnover, and pinch the two edges, closely together. Prick the crust plentifully with a fork, for air, as the filling swells considerably. This makes eighteen tarts, but the longer you keep them, the better they are.

Mrs. W. M. Hopkins.

BUTTER SCOTCH PIE

No. 1

Line pie plate with rich crust and bake.

To one cup light brown sugar melted over the fire add one large tablespoon butter and cook till sugar is lightly burned. Then add one cup milk and when well blended, yolks of three eggs. Stir till thick and pour into shell. Use whites for meringue beaten with three tablespoons powdered sugar. Mrs. Lewis B. Sinclair.

BUTTER SCOTCH PIE

No. 2

Filling: One and one-quarter cups brown sugar, one and one-quarter cups water, four heaping tablespoons

flour, two heaping tablespoons butter, one-half teaspoon vanilla, yolks of two eggs. Mix dry ingredients, add eggs, water and butter. Cook until very thick. Add vanilla and pour into pie shell.

Mrs. L. L. Gregory.

CHEESE STRAWS

Three tablespoons flour, three tablespoons, or more, chopped cheese, one tablespoon melted butter, one tablespoon milk, one-half teaspoon salt, one-quarter teaspoon pepper, yolk one egg. Roll very thin, cut in strips one-quarter inch wide and four inches long, and bake in slow oven fifteen minutes.

Miss Elizabeth E. Church.

CHERRY PIE

Two cups pitted cherries, one cup sugar, one tablespoon flour. Mix sugar and flour, add to cherries. Beat one egg and add to the mixture. Bake between two crusts made according to any good pastry rule.

Mrs. Walter Fox.

FRESH COCOANUT PIE

One cup fresh cocoanut, two cups milk, two tablespoons cornstarch, a little salt, two eggs (yolks only, saving whites for meringue), small half cup sugar. Heat milk in double boiler, when scalding, thicken with cornstarch, add sugar, cook till combined. Cool, and add the yolks of eggs, salt and cocoanut. Fill crust, and bake. Beat the whites stiff with two tablespoons sugar, spread over top, and brown. If there is too much filling, bake in small buttered cups and serve very cold, with a spoonful of whipped cream, or one of maple syrup, or caramel.

Mrs. S. D. Snow.

CREAM PUFFS WITH ENGLISH CREAM

Put over fire one cup boiling water and one-half cup butter; when butter melts stir in one-half cup sifted flour and stir vigorously until mixture leaves the side of the saucepan, forming a ball-shaped mass. Turn into a mixing bowl, break in three eggs, one after another, beating in each egg thoroughly before the next one is added. With a spoon drop and shape in rounds on buttered tins. Bake in moderate oven about thirty minutes. When done a puff should feel very light in the hand. If, after removal from the oven, the puff "settles," it was not baked long enough. When cold, split on side and fill with English cream.

English cream: Scald one pint milk and sift together several times one-half cup each of flour and sugar and one-fourth teaspoon salt. Dilute with a little hot milk, mix, then stir into the rest of the milk. Continue to stir till the mixture thickens, then cover and let cook fifteen minutes. Beat two eggs, add one-fourth cup sugar and beat again, then stir into the hot mixture. Continue to stir until the egg is cooked, then cool, flavor and use.

MRS. FRED P. POOL.

CREAM PUFFS

One-half pint water, two ounces butter, or two tablespoons, slightly rounded; four ounces Swan's Down Pastry Flour; measured unsifted this is just three-quarters of a cup. Four eggs. Put water and butter on fire, and when they boil, stir the flour in quickly, cooking until it sticks together, forming a ball which leaves the pan. Set away to cool. When cool, add the eggs, one at a time, beating all the while, and beat vigorously five minutes after adding the last one. Stand in warm place half an

hour, stirring occasionally, then drop into gem tins and bake in quick oven. Watch carefully, as they burn quickly. When they are to be used, cut off top, fill with custard or preferably cream whipped stiff, slightly sweetened and flavored, and replace top.

Miss Elizabeth E. Church.

FILLING FOR PIE

One cup brown sugar, two tablespoons butter, one large cup milk, three tablespoons flour, three tablespoons water, a little salt. Mix together and cook until thick. Then add the beaten yolks of two eggs. Flavor with vanilla. Fill a crust that has been baked. Beat whites of eggs, add a little sugar, spread on top, and brown in oven.

Mrs. L. S. Berry.

FILLING FOR LEMON PIE

No. 1

Add to three beaten yolks one teacup sugar, grated rind of one lemon, one cup milk, one heaping tablespoon cornstarch, pinch salt, one teaspoon butter, cook until a custard. Just before removing from fire add juice of one large and one small lemon. Fill baked crust. Make meringue of three whites and sugar, spread over pie and finish in oven.

Miss Elizabeth E. Church.

LEMON PIE

No. 2

Grate one lemon not too close, beat well yolks of two eggs, one even cup sugar mixed with two tablespoons flour, butter size of an egg, juice of one lemon; add one and one-half cups boiling water. Let all boil a few

minutes. Line pie tin with pastry; bake. When done put in filling and cover with a meringue made of the whites of two eggs beaten stiff with two teaspoons sugar. Put in oven and brown.

Mrs. W. M. Thomas.

LEMON PIE
No. 3

Cream the yolks of three eggs with one scant cup sugar, add the grated rind of one lemon and juice of one and one-half lemons, and last one cup of sweet milk in which one medium heaping tablespoon cornstarch is dissolved.

Mrs. Charles J. Tonk.

MINCE MEAT
No. 1

Boil about one pound of beef until tender. One and one-half cups chopped beef, two cups raisins, one cup currants, one and one-half cups brown sugar, one and one-half cups granulated sugar, five cups chopped apples, two teaspoons cinnamon, one-half teaspoon mace, one-half teaspoon powdered cloves, one-half cup sliced citron, one-half cup brandy, one cup boiled cider, one cup chopped suet, one teaspoon salt. Mix in order given, cook for ten minutes, stirring constantly. Put in glass jars, adding just before doing so, one ounce Sherry wine. Let stand a few days before using so that it will become well-flavored.

Mrs. Lester L. Jones.

MINCE MEAT
No. 2

Boil until tender three pounds lean beef. Cool and cut in dice. One pound chopped suet, three pounds diced ap-

ples, one pound sugar, one-half pint molasses, one pound seeded raisins, one-half pound currants, grated rind of one lemon, one and one-half ounces cinnamon, one-half ounce cloves, one grated nutmeg, one-half pint brandy and enough boiled cider to moisten.

Mrs. Charles J. Tonk.

MINCE MEAT
No. 3

Two bowls ground beef, one bowl suet, two bowls apples, chopped, one bowl currants, two bowls raisins, three bowls sugar, one bowl molasses, one bowl vinegar, one bowl boiled cider, one nutmeg, grated, three tablespoons cinnamon, two tablespoons cloves, one tablespoon allspice, three tablespoons salt. Any bowl can be used, using spice to taste.

Mrs. Frank W. Werner.

MINCE MEAT
No. 4

Two pounds chopped meat, cooked, one pound chopped suet, four pounds raisins, four pounds apples, one-half pound citron, eight oranges, one teaspoon allspice and cloves, one nutmeg, two pounds brown sugar, vinegar to taste. Mix well and cook until it boils. Excellent.

Mrs. Martin Madson.

MOCK MINCE MEAT

Wash one-half peck green tomatoes, sprinkle with two tablespoons salt, and let stand two hours. Drain and rinse. Cover with cold water and let boil two hours. Then add two pounds seeded raisins, two pounds brown

sugar, one-half pound suet chopped fine, one pint boiled cider, one teaspoon each of cinnamon, cloves and nutmeg.

Mrs. Frank W. Werner.

PRUNE PIE

One pound prunes, cooked and strained, two eggs, well beaten, one-half cup cream, sugar to taste. Beat eggs separately, stir cream in yolks, add sugar and prunes, then beaten whites, juice of lemon or pineapple if desired.

Mrs. Frank W. Werner.

PUMPKIN PIE

No. 1

One-half can pumpkin, or its equivalent in freshly cooked, two eggs, one large teaspoon constarch, one tablespoon melted butter, three-quarters cup sugar, one pint milk, one teaspoon cinnamon, several gratings nutmeg, three tablespoons brandy. Beat whites of eggs and add last. Dissolve cornstarch in milk.

Mrs. E. M. Landis.

FILLING FOR PUMPKIN PIE

No. 2

For two pies: Three eggs, one and one-quarter cups sugar, one cup pumpkin (teacup for measuring these two ingredients), nutmeg and cinnamon about one-third teaspoon each, one large teaspoon salt, one bottle cream, and enough milk to make three large cups, with the cream.

Miss Elizabeth E. Church.

PUMPKIN PIE

No. 3

One cup canned pumpkin, one cup cream and milk, two eggs well beaten, one-half cup sugar, one teaspoon

butter, one teaspoon cinnamon, one-quarter teaspoon each of salt, ginger and mace. Mix pumpkin with cream and milk, add eggs, sugar and spices.

Mrs. B. H. Clark.

PUMPKIN PIE
No. 4

One and one-half cups canned pumpkin, two eggs well beaten, one-half cup milk, one-half cup sugar, one large tablespoon flour, one teaspoon cinnamon, one teaspoon allspice, one-half teaspoon ginger, pinch each of salt and soda. Bake in medium oven one-half hour.

Mrs. Frank W. Werner.

SOUR CREAM PIE

Line pie plate with good rich pie crust.

Filling: Three yolks of eggs, one cup sugar, one teaspoon cinnamon, one-half teaspoon cloves, one-half cup raisins, one cup sour cream. Bake in crust thirty minutes, use whites for meringue.

Mrs. Lewis B. Sinclair.

STRAWBERRY SHORT CAKE

One cup flour, one tablespoon lard, one tablespoon sugar, one heaping teaspoon Rumford baking powder, one-half teaspoon salt. Mash three-quarters quart strawberries slightly and add sugar to taste. When cake is baked, split and butter. Add one-quarter quart whole berries to mashed ones, and fill between the split cake and on top.

Mrs. Alexander McLean.

ICES AND DESSERTS

ANGEL PARFAIT

Boil together without stirring one-half cup each sugar and water till it spins a thread. Meanwhile beat until stiff and dry the whites of three eggs, add slowly to them the syrup after it has been taken from the fire about half a minute. Beat well and flavor with vanilla or any preferred flavoring. When cold stir in gently a pint of cream which has been whipped very stiff. Put into a mold and pack in ice and salt for about four hours. Candied fruits and nuts may be added to this before freezing if desired.

Mrs. George Campbell.

BANANA ICE CREAM

One quart cream, four bananas, one and one-third tablespoons lemon juice, one cup sugar, a little salt, a few drops of vanilla flavoring.

Miss Elizabeth E. Church.

CHOCOLATE PARFAIT

One cup granulated sugar, one-quarter cup water, two ounces bitter chocolate, yolks of four eggs, one pint whipping cream, vanilla to flavor. Boil sugar and water to a thick syrup, and pour in a thin stream over the chocolate, which should have been melted over hot water. Mix thoroughly and gradually to the well beaten egg yolks. Place over fire in double boiler and cook until mixture

thickens, stirring constantly. Take from fire, continue beating till cool and light, and then flavor. When quite cold add cream whipped very stiff. Put in mold and pack in ice and salt for four hours. Baking powder cans make good molds for this purpose. Grease the edge of the opening with lard (not butter on account of the salt) and put one or two layers of paraffin paper over the top before putting the cover on the mold. This is to keep the salt water out of the cream while it is packed.

Mrs. George Campbell.

CHRISTMAS ICE CREAM

One quart of whipped cream, three-quarters pound of small red cinnamon candies. Barely cover the candies with water, and let stand over night, then run them through a meat chopper. Add this to the whipped cream and freeze.

Mrs. W. M. Hopkins.

GINGER SHERBET

Soak small piece of dried ginger root over night in cold water. In the morning put over the fire with two cups water, and boil for fifteen minutes. There should be about a cup and a half of liquid. Remove ginger, and add the strained juice of two lemons, and a syrup made from boiling two cups sugar and two cups water together for ten minutes. Turn into the freezer, pack, and allow to stand for an hour or more. Then open, and beat in the stiffly beaten whites of two eggs. Mix thoroughly, and pack again to ripen.

Mrs. S. D. Snow.

GRAPE ICE

One pint milk, one and one-half cups sugar ,one cup grape juice, one teaspoon lemon juice.

Mrs. William G. Cook.

FAVORITE LEMON SHERBET

Wash and then squeeze the juice of six lemons into a bowl, and steep in it the rind of an orange and of the lemons for an hour. Strain the mixture, add a pint of sugar and a pint of water. Stir until sugar is dissolved. Freeze in the usual way. Before the mixture is quite stiff remove the dasher and pour in a cup of rich cream. Stir rapidly for a few minutes, but do not churn with the dasher again. Pack, and let stand until ready to serve.

Mrs. George Campbell.

LEMON ICE
(Serves Four People)

One and one-half cups sugar, one cup heavy cream, one cup milk; put into freezer together. When it begins to freeze add juice of two lemons.

Miss Elizabeth E. Church.

MAPLE MOUSSE

One cup maple syrup, one pint cream, beat separately till stiff. Put together in mold. Pack in salt and ice for four hours.

Miss Elizabeth E. Church.

MAPLE PARFAIT

Three-quarters cup maple syrup, yolks four eggs, one pint whipped cream. Cook syrup and yolks in double

boiler until thick. Stir. Cool. Add cream. Pack in freezer for four or six hours.

Mrs. William G. Cook.

MINT SHERBET
No. 1

One cup freshly chopped mint leaves. Pour over them two cups boiling water and stand to steep, covered, till cold. Make a syrup of two cups sugar and two cups water, boiled together for ten minutes; strain liquid from mint leaves and add. Then proceed as directed for ginger sherbet. A few spoonfuls of crême de menthe is a great addition to this sherbet—not too much, or it will not freeze. Color a delicate green with candy coloring.

Mrs. S. D. Snow.

MINT SHERBET
No. 2

One bunch mint. Shred and squeeze over it juice of two lemons. Let stand fifteen minutes in a covered dish. Cook two cups sugar, one pint water till it threads. When cold add one cup orange juice and the lemon juice, which has been squeezed from the mint. Freeze. When half frozen add small pieces fresh mint and beaten whites of two eggs. Especially good to serve with lamb or chicken course.

Miss Elizabeth E. Church.

PINEAPPLE MOUSSE

One tablespoon granulated gelatine, one-quarter cup cold water, one cup juice from canned pineapple, two tablespoons lemon juice, one cup sugar, one quart whipping cream. Dissolve gelatine in cold water, heat pineapple juice, lemon juice and sugar, add gelatine while hot, strain

and cool. When beginning to thicken fold in cream, which has been whipped stiff. Put in mold and pack in salt and ice for three or four hours. This amount will serve fifteen people.

Miss Elizabeth E. Church.

CHOCOLATE SAUCE FOR ICE CREAM

One square chocolate, melted in double boiler. Add one-half cup milk, one-half cup sugar, one tablespoon butter, level teaspoon vanilla, pinch of salt. Serve hot.

Mrs. J. M. Coen.

AMBROSIA

Bananas, oranges, grated cocoanut, granulated sugar. Mix ingredients according to taste and let stand in cold place before serving.

Miss Allie F. Armstrong.

EASY APPLE SAUCE

Wash apples. Cut in thin slices, cutting out the blossom end and any imperfect places; do not core or peel. Put enough water in bottom of saucepan to prevent them from burning, and simmer, covered, till soft. Put through a purée sieve or "tammy," add sugar to sweeten, grate nutmeg over the top, and serve ice-cold with whipped cream or without.

Mrs. S. D. Snow.

BISHOP WHIPPLE

Four eggs, one cup chopped dates, one cup chopped nuts, one-half cup sugar, one-half cup flour, one teaspoon

baking powder. Bake in flat pan, break up, sprinkle with sugar and serve with plain cream.

Mrs. Herbert Waldemar Snow.

STUFFED CANTALOUPE

Have melons thoroughly chilled. Cut in halves, crosswise. Whip one pint cream stiff, sweeten to taste and flavor with ground ginger. Add chopped Maraschino cherries and marshmallows cut into bits. Heap in melon. This makes nice first course for dinner.

Mrs. Herbert Waldemar Snow.

NUT CREAM

One pint cream, one-half cup milk, two tablespoons granulated gelatine, one cup chopped walnuts, one-half cup sugar, vanilla. Soak gelatine in milk one hour, then set in hot water over flame until melted; strain. Whip cream, reserving one cup after whipping. Whip the gelatine into whipped cream, add sugar, nuts, vanilla and beaten white of one egg. Garnish with cream and chopped nuts.

Mrs. Charles J. Tonk.

ORANGE CREAM

One tablespoon Knox gelatine, two tablespoons cold water, juice and rind of one orange, three-quarters cup sugar, one-half cup boiling water, one bottle whipping cream, small pinch of soda. Soak gelatine in cold water, add rind, juice, sugar and boiling water. Strain. When cold and beginning to thicken add to whipped cream. Serve in glasses.

Mrs. John R. Hollister.

PINEAPPLE CREAM
No. 1

Soak one and one-half tablespoons granulated gelatine in one-half cup water. Heat one can chopped pineapple, add the gelatine, stir until dissolved. When cold and slightly thickened add one bottle whipped cream and the stiffly beaten whites of three eggs. Mold and chill.

Mrs. Charles J. Tonk.

PINEAPPLE CREAM
No. 2

One cup chopped pineapple, one-half cup chopped walnuts, one-half cup marshmallows, soaked in one cup orange juice, one cup whipped cream.

Mrs. E. B. Whitfield.

FINE SPANISH CREAM

One quart milk, one-half box Cox' gelatine, one cup granulated sugar. Scald fifteen minutes, or until dissolved, in double boiler. Yolks of four eggs, well beaten, to be stirred in next, and cooked about five minutes until the mixture begins to thicken. Take from fire, pour into bowl, add beaten whites of the eggs, mix well, add one teaspoon vanilla and one cup Sherry wine. Can be molded to suit. Set on ice. Best when made the day before wanted.

Mrs. E. M. Landis.

STRAWBERRY BAVARIAN CREAM

One quart strawberries, one pint whipping cream, one large cup sugar, one-half cup boiling water, one-half cup cold water, one-half package gelatine. Soak gelatine in cold water. Mash berries and sugar together, let stand

one hour, then strain juice from the berries, pressing through as much of the pulp as is possible without the seeds. Dissolve gelatine in the hot water and then strain into the juice. Set basin in pan of ice water, and when mixture begins to thicken whip the cream to a stiff froth, and add. Beat until thoroughly mixed and thick enough not to separate and put in mold to harden. Serve with plain or whipped cream.

Mrs. George Campbell.

CUP CUSTARD

Two eggs, one-quarter cup granulated sugar, one pint milk, grated nutmeg. Beat eggs light, add other ingredients and stir until sugar is dissolved. Pour into cups and stand in pan of boiling water, then put the pan in the oven and bake until custards are set firm in the center—not longer, or they will become watery. If directions are followed, they are firm and free from water. Set aside to cool and serve in cups.

Caramel syrup may be served with the custard: Melt granulated sugar in frying pan, stirring constantly to avoid burning. Add gradually one cup boiling water, and simmer ten minutes. It will become lumpy on adding the water, but keep on stirring.

Miss Allie F. Armstrong.

DAINTY DESSERT

One-half pint cream, whipped stiff, one pound almond macaroons, ground to powder, one-half cup pulverized sugar, one-half pound marshmallows, cut into dice. Set to cool and serve with cherry on top.

Mrs. Joseph Frank.

DATE SOUFFLÉ

Three eggs beaten very light, one cup sugar, one cup dates, each cut in fine pieces, one cup English walnuts, chopped, one tablespoon milk, two tablespoons flour, one teaspoon baking powder. Bake in sheet pan in slow oven thirty minutes. Serve cold with whipped cream. This serves six.

Mrs. Lewis B. Sinclair.

DELICATE PUDDING

One pint cream, one-third cup sugar, one dozen macaaroons, six English walnuts, one teaspoon vanilla. Whip the cream very stiff, crush the macaroons, chop nuts fine. Mix all ingredients together. Serve very cold in sherbet glasses.

Mrs. Charles J. Tonk.

EASTER DESSERT

This makes a pretty dish at a children's party. It represents a nest, filled with eggs. Soak one-half box gelatine in one-half cup water. Scald two cups milk, add gelatine, with two tablespoons sugar and one teaspoon vanilla. Allow to thicken slightly, then whip in one cup of stiffly beaten cream. Prick a hole in the large end of each of six eggs, let the whites run out into a bowl, then the yolks can easily be drained into another bowl. These can be used for cake and salad dressing. Wash egg shells in cold water and drain, set them upright in anything that will hold them level, pour in the slightly stiffened mixture by means of an oiled paper funnel, and set in a cold place. Soak one-quarter box of gelatine in one-quarter cup water, add half a cup of boiling water, one-half cup sugar, the juice of a lemon and one cup orange juice. (Before squeezing oranges wash skins and peel off thin outside skin, to be used for

straws for the nest.) Strain the orange gelatine into a round or oval glass dish, invert a large cup or bowl in the center, set in cold place. When ready to serve, break egg shells carefully, take cup from center of jelly, lay in the eggs, scatter candied orange straws and flecks of whipped cream, to represent feathers. For colored Easter eggs, use pink coloring, or chocolate, or orange, by stirring into the hot blanc-mange the grated rind of one or two oranges.

Mrs. S. D. Snow.

FARINA DESSERT

Separate the yolks and whites of four eggs. Cream the yolks with one cup of sugar for one-half hour, add the grated rind of one lemon and the well beaten whites, one scant cup of farina. Bake slowly. When served, cover with small dice of pineapple. Whipped cream.

Mrs. Charles J. Tonk.

FIG-APPLE JELLY

Five apples, core and slice, add one and one-half cups water. Chop six figs, add to apples and cook, covered, for five minutes. Add one and one-half cups sugar, cook until apples are soft. Stir in two tablespoons gelatine, which has been soaked five minutes in one cup of water. Serve with whipped cream.

Mrs. E. B. Whitfield.

FLOATING ISLAND

Two eggs, one pint milk, two tablespoons sugar, one teaspoon vanilla. Separate yolks from whites; put milk on fire in double boiler, whip whites to a dry froth with a few grains of salt, and about a teaspoon of the sugar. When

milk is scalding, lay on top, by tablespoonsful, the stiffly beaten whites, and allow to poach for several minutes. Take out, and put in glass serving dish, draining the milk back into the boiler. Beat the yolks with the remainder of the sugar, in a pint bowl, and pour over them, stirring constantly, the boiling milk. Put back in the boiler and cook to a custard. When cool, add flavoring, and pour around the poached whites. Chill before serving. Bits of candied cherries can be strewed over the whites, but it is very good without.

Mrs. S. D. Snow.

APPLE FLUFF

One nice apple, grated, one egg, two tablespoons sugar. Beat the white of the egg to a stiff froth in a large bowl, add gradually the sugar, and a pinch of salt, then the grated apple, which must not have been allowed to turn dark by standing. Beat until stiff. Make a custard of the yolk of the egg, one and one-half cups milk, and one tablespoon sugar. Flavor with vanilla. Serve very cold. When ready to serve, pour around the whip.

Mrs. S. D. Snow.

STRAWBERRY FLUFF

One cup strawberries, one cup sugar, and the white of one egg. Crush strawberries, add sugar and egg. Beat until stiff with a Dover egg beater.

Miss Josephine Van Meenen.

FRUIT TAPIOCA

One cup tapioca, add one pint cold water, let stand on fire till cooked clear and soft, add one-half pint boiling

water, a pinch of salt and sweeten to taste. When cool add one quart of strawberries. Serve with whipped cream.

Mrs. Martin Madson.

HOT DAY DESSERT

One-half can pineapple, cut small. Mix together with one small box marshmallows, sweeten to taste. Before serving, add one bottle cream, whipped. If liked, cherries may be added.

Mrs. E. M. Landis.

MARSHMALLOW ORANGE DESSERT

Cut contents of one ten cent package Angelus marshmallows in quarters, or smaller, with scissors. Soak in juice of four oranges two hours. Serve in sherbet glasses with whipped cream on top.

Miss Elizabeth E. Church.

BAKED PEARS

Take six good sized ripe pears, wash, cut in halves, cut out cores. Fill the hollow with butter. Put one-half cup water in a shallow baking pan, a few small pieces of butter, and the pears. Cover with one cup sugar. Dust very lightly with cinnamon. Bake slowly until tender, about one hour.

Mrs. Charles J. Tonk.

PRUNE GELATINE

Cook till tender in very little water, one dozen large prunes. Rub through a sieve, and add to one pint of lemon gelatine just as it starts to congeal. Put in a mold, serve with whipped cream.

Mrs. Charles J. Tonk.

MRS. HELEN C. PEIRCE'S RICE DESSERT

One-quarter cup rice, one cup milk, one-quarter cup water, white of one egg, one-quarter package gelatine, two tablespoons sugar, one cup cream, flavoring. Boil rice in the milk about one and one-half hours. Dissolve gelatine in the one-quarter cup water, add to the rice while hot, then the sugar. Whip the cream and add when rice is cool, also the well beaten white of the egg. Flavor with vanilla, Maraschino, or any preferred flavoring. Serve with cream or with fresh strawberries.

Mrs. L. S. Berry.

RUSSIAN LOAF

Sunshine cake, bake in loaf, split in two, and fill with custard made with pint of milk, four eggs and sugar. When cool, add one-half pint whipped cream. Put between and on top, sprinkle with candied cherries and nuts.

Mrs. Adam Schneider.

ALMOND PUDDING

Three-quarters cup sugar, yolks four eggs, one-quarter cup water, two ounces of almond paste, six lady fingers, one and one-half cups cream. Boil the sugar and water to a thick syrup and cool. Rub the paste to a smooth batter with one-half cup cream, adding the cream gradually; then the well beaten yolks of eggs and the cooled syrup. Cook in a double boiler to a creamy consistency, stirring constantly. Beat until cold, add vanilla. Whip the remaining cup of cream very stiff. Fold in gently six grated lady fingers and the cooked mixture. Put to chill for four hours.

Mrs. Charles J. Tonk.

ORANGE PUDDING

One cup orange juice, one pint whipped cream, two teaspoons Knox gelatine dissolved in two tablespoons cold water, one cup granulated sugar. To cook: Put orange juice, gelatine and sugar over fire and stir until it is melted. Let stand two or three minutes or until cold. Whip cream stiff, stir all together and put in mold. Serve with following sauce: Two cups orange juice, one cup granulated sugar, one cup cold water, yolks of two eggs, two teaspoons cornstarch. This will serve twelve.

Mrs. Harvey Grace.

SCHAUM TORTE

Whites of three eggs beaten very stiff, one cup granulated sugar beaten into eggs, one tablespoon vinegar. Bake in square tins or gem pans as individual cakes. Fill with fruit and whipped cream. Bake in very slow oven forty minutes.

Mrs. Adam Schneider.

SHREDDED WHEAT BISCUIT WITH FRUIT

One ripe banana mashed to a pulp and mixed with a few chopped dates. Crumble half a shredded wheat biscuit in a bowl and spread fruit mixture over it, then lay top of biscuit on the fruit. Pour over it rich cream.

Mrs. E. T. Cooke.

STRAWBERRY SPONGE

One quart strawberries, one-half package gelatine, one and one-half cups water, one cup sugar, juice of one lemon, whites of four eggs. Soak gelatine in one-half cup cold

water, mash berries and add one-half cup sugar. Boil the other half cup sugar and one cup water gently for twenty minutes. Strain the berries through a sieve. Pour boiling syrup on gelatine and when dissolved, strain the mixture into the juice. Set basin into a pan of ice water and when it begins to thicken, beat the egg whites very stiff and then beat together until the mixture is too thick to separate. Pour into a mold. Serve with sugar and cream.

MRS. GEORGE CAMPBELL.

JELLIES AND PICKLES

TO CAN BERRIES, PLUMS, PEACHES

Fill sterilized cans with washed fruit. Make a syrup in proportion of one cup sugar to one quart fruit. Pour boiling syrup over fruit. Put rubbers on cans and seal tightly. Place cans in container with tight cover. Pour boiling water over jars till they are immersed, cover container and let stand until cold. Preserves color and keeps fruit whole.

Mrs. Walter Fox.

CANNED PLUMS

One square box plums, ten cups water, five cups granulated sugar. Boil water and sugar together, skim occasionally. When clear and somewhat syrup-like, put in washed plums and cook for a few minutes until tender. Seal while hot. One square box of plums makes three quarts when cooked. Either the blue or red plums are nice for sauce. There is very little work to canning plums.

Mrs. William A. Olson.

CONSERVE

Five pounds fruit (currants, plums or gooseberries), five pounds sugar, two pounds raisins, juice of five oranges, rinds of three (chop, boil up three times, changing water each time). Boil all together until thick.

Mrs. William G. Cook.

APRICOT AND PINEAPPLE CONSERVE

One dozen fresh apricots, one medium sized pineapple. Equal amount of sugar. Cook pineapple with very little water. Add sugar and stoned apricots. Cook until soft. Very good.

Mrs. E. B. Whitfield.

CRANBERRY CONSERVE

Four peeled apples, three quarts cranberries, two pounds raisins. Boil together until tender, then add grated rind and juice of four oranges and six pounds sugar. Cook until thick.

Miss Van Meenen.

GRAPE CONSERVE

One basket of grapes (about seven pounds), one pound walnuts, two pounds raisins, three pounds sugar. Pulp grapes and cook till seeds are easily removed. Put through sieve. Add raisins, walnuts and sugar, and cook for ten minutes.

Miss Van Meenen.

PEACH AND TOMATO CONSERVE

Prepare peaches and tomatoes. Weigh one-half as many pounds of tomatoes as you have peaches. Add one-half the weight of sugar as the combined fruits. Slice thin two lemons to each five pounds, a few pieces ginger root, cloves, stick cinnamon. Tie cloves in a bag and remove before bottling. Cook about four hours, stirring constantly.

Mrs. Charles J. Tonk.

PLUM CONSERVE
No. 1

One basket large blue plums, two lemons, two oranges (put two latter through grinder), two pounds dark seedless raisins (not seeded raisins), four pounds sugar. Watch carefully till sugar dissolves. Boil one hour. I put this in glasses.

Mrs. Dean S. Conger.

PLUM CONSERVE
No. 2

Three pounds blue sweet plums, three pounds granulated sugar, one pound seeded raisins, one-quarter pound English walnuts, two oranges. Pit the plums, chop the oranges and walnuts. Cook all together for one hour or until thick and then seal.

Miss Van Meenen.

PLUM CONSERVE
No. 3

Weigh fruit, use equal amount of sugar. Add as much water as sugar. Stir well, and add white of one egg, slightly beaten. Stir all together and boil. When boiling, stir in one gill cold water, then set off fire. Let stand five minutes, skim, bring to boiling point, drop in plums, cook for one hour.

Mrs. E. B. Whitfield.

RHUBARB CONSERVE

Four pounds rhubarb, four pounds sugar, one pound layer figs, one pound seeded raisins, one pound English walnuts, almonds or pecans. Cut figs and raisins fine and put in bottom of kettle. Cut rhubarb in half-inch lengths

and put on with alternate layers of sugar. Cover, and let stand until morning. Then add nuts, after putting them through the coarsest knife of the meat chopper. Boil down until thick as marmalade.

Miss Van Meenen.

APRICOT JAM

Wipe with coarse cloth, cut in small pieces, add sugar, pound for pound. Put in earthen dish, stand over night, boil until thick.

Mrs. William G. Cook.

HEAVENLY JAM

One quart cherries, one quart blackberries, one pint red raspberries, one quart gooseberries. Measure sugar, cup for cup, with fruit, and cook till thick.

Miss Josephine Van Meenen.

FOUR FRUIT JAM

One quart cherries, one quart raspberries, one quart gooseberries, one quart currants (juice only), four and one-half pounds sugar.

Mrs. William G. Cook.

AMBROSIAL JELLY

Pare and core enough early apples to make six quarts of juice. Cook and strain as for jelly. Measure sugar, cup for cup, with juice. When it begins to thicken, stir in juice and pulp of two oranges, two lemons, one pound seedless raisins and one cup preserved cherries.

Miss Josephine Van Meenen.

CRANBERRY JELLY

One quart cranberries, one cup cold water, two cups granulated sugar. Cook cranberries thoroughly and add sugar last, boiling ten or fifteen minutes. Strain.

Miss Allie F. Armstrong.

MINT JELLY

A day or two before making this jelly, gather enough fresh mint to fill without crowding, when stripped from the stems, a quart fruit jar. Wash mint thoroughly, dry on cloth to remove surplus moisture, strip from stems, and put into jar. Heat one-half cup strong vinegar to boiling, and pour over leaves. Seal jar, and set away in a dark place for a day or two. Use for the jelly one-half peck apples, Maiden's Blush is a good variety. Make a stiff apple jelly, using as much sugar as juice. While this is cooking, strain the mint flavored vinegar through a cloth, squeezing hard, and pour the vinegar into the boiling jelly. It should not be necessary to cook it much longer; boiling injures the flavor. Have ready some green candy coloring, color a delicate green. Remove from the fire and pour into glasses, allow to set, and seal with paraffin as any other jelly. Delicious with roast lamb, or any cold meats. Serve very cold.

Mrs. S. D. Snow.

QUINCE AND CRANBERRY JELLY

Six quinces, two quarts cranberries. Boil quinces in plenty of water until soft, add cranberries and boil until soft. Let drip, and add as much sugar as juice. Cook until it jells.

Mrs. E. B. Whitfield.

GRAPE FRUIT MARMALADE

One grape fruit, one orange, one lemon; slice all thin, then in dice, using but one-half the skin of the grape fruit. To each pint of fruit use two pints of water. Let stand over night. In the morning boil slowly for ten minutes, then let stand over night again. Take one pint of sugar to one pint of fruit and liquid together, boil until thick. Put in glasses.

Mrs. Charles J. Tonk.

ORANGE MARMALADE

Sour, thin skinned California oranges without dark spots on skin, are best. One dozen oranges, five lemons. Slice very thin, removing seeds and white core. Cover with eight quarts cold water, and let stand twenty-four hours. Cook one hour after boiling point is reached, skimming often. Set aside for twenty-four hours. Measure one bowl of sugar for each bowl of pulp, and cook one hour or more, until of the consistency of jelly. Stir almost constantly to keep from burning. Better cook in several kettles, or small quantity at a time, as it will jelly much easier. This makes about twenty-four jelly glasses. By straining, jelly can be made.

Mrs. E. M. Landis.

PINEAPPLE AND APRICOT MARMALADE

Put pineapple through grinder, saving all the juice, same quantity apricots, peeled and put through colander. Not quite as much sugar as fruit. Cook until thick and clear. Seal up in tumblers. Delicious.

Miss. Elizabeth E. Church.

GINGER PEARS

Six pounds pears, weighed after paring, coring, and putting through food chopper. Six pounds sugar, one-half pound candied ginger, also put through chopper.

Mrs. E. T. Cooke.

CITRON PRESERVE

Take green part of watermelon rind and soak over night in water in which a small piece of alum has been dissolved. Put this on to boil in the morning, and let it simmer until the pieces begin to look transparent. Then weigh, and add pound for pound of sugar, also the yellow rind and pulp of one lemon and a large tablespoon of white ginger root. Let this boil quite a long time, until the citron is clear and thoroughly seasoned.

Mrs. Edward H. Turner.

PRESERVED PEACHES, WITH MAPLE SYRUP

One-half bushel freestone peaches, peel and put in preserving kettle. Put over them eight pounds granulated sugar, allow to remain over night. In the morning add one quart of water and one quart of maple syrup, cook slowly for six hours, and can.

Mrs. George A. MacCorkle.

CHERRY PICKLE

Cover pitted cherries with cider vinegar, let stand over night, drain from vinegar. Take one pound granulated sugar to one of the drained cherries, alternating fruit and sugar, mix thoroughly. Let stand in a cool place and stir

frequently. When sugar is dissolved and syrup is thick, seal in glass jars. This keeps perfectly. *Do not cook.*

Mrs. Martin Madson.

CHILI SAUCE
(Fine)

Eighteen ripe firm tomatoes, five medium onions, five nice red peppers. Chop all medium fine. Three tablespoons salt, four cups vinegar, ten tablespoons white sugar. Cook all together about one and one-half hours. Seal in Mason jars.

Mrs. D. C. Prescott.

CHILI SAUCE WITHOUT SPICES

Fourteen ripe tomatoes, two onions, one cup sugar, three red peppers, two and one-half cups vinegar, one teaspoon salt, two stalks celery. Onions and tomatoes cut in large pieces. Boil three hours.

Miss Elizabeth E. Church.

PICCALILLI

One-quarter peck green tomatoes, eight large onions, one large cabbage, twelve cucumbers. Chop fine and add three dozen tiny white onions, and two dozen tiny pickles (these may be omitted), pack in salt over night. In morning pour off the salt water, and soak in diluted vinegar a day or two, then drain and add: One-half pint grated horse radish, one-quarter pound white mustard seed, several red peppers, one-quarter ounce celery seed, three tablespoons black pepper, one fifteen-cent box Coleman's mustard, one pound brown sugar. Mix spices and sugar with three quarts cider vinegar and let boil. Add chopped in-

gredients and heat all together well. Seal air-tight. Glass covered jars are best.

Mrs. John R. Hollister.

MUSTARD PICKLES

One quart large cucumbers, sliced, two quarts small cucumber pickles, whole, one quart large onions, sliced, two quarts small onions, whole, one large cauliflower, three green peppers, three red peppers. Pour over this a hot brine of one cup of salt to a gallon of boiling water.

Paste: One cup of flour, one-quarter of a pound of Coleman's mustard, four cups sugar, one-half ounce of tumeric, one-half gallon cider vinegar, one-half ounce celery seed. Boil this ten minutes. Drain pickles, add paste, boil all together ten minutes and seal in Mason jars.

Mrs. Lewis B. Sinclair.

OLIVE OIL PICKLES

Four dozen pickles, sliced, three pints vinegar, three-quarters cup yellow mustard seeds, two and one-half tablespoons celery seed, three-quarters cup sugar, three-quarters cup salt, one and one-half cups best olive oil. Put pickles in jar, cover with mixture. No cooking.

Mrs. Louis Wittbold.

SWEET WATERMELON PICKLE

Use only the white portion of the watermelon rind, rejecting both the green and pink parts. After the green rind is peeled off, weigh the white part, and to each seven pounds allow four pounds white sugar, a pint of vinegar, two teaspoons allspice, two of cinnamon, one teaspoon cloves, one teaspoon ginger, and half a teaspoon ground

mace. Mix all the spices together, divide them into four parts, and tie each part into a piece of cheesecloth. Put watermelon over fire in cold water, bring to the boiling point and cook until it is transparent. Drain. Put sugar and vinegar with all the spices into a porcelain lined kettle. When boiling add the watermelon a little at a time. Cook until it is dark, not more than five or ten minutes, then put away in a stone jar. Next morning drain off all the juice, heat to boiling point and pour over the watermelon rind. Do this for nine consecutive mornings, the last morning heating the rind in the juice and boiling the juice down till it will just cover the rind.

Mrs. George Campbell.

CORN RELISH

No. 1

One dozen ears corn, one good sized head cabbage, one-half gallon vinegar, one cup brown sugar, three tablespoons ground mustard, three tablespoons salt, three red or green peppers. Cut corn from cobs, chop cabbage and peppers, add sugar and salt, mix mustard with vinegar, boil till corn is done. Seal in jars.

Mrs. Harry Olson.

CORN RELISH

No. 2

Twelve ears corn, boiled, four chopped green peppers, two chopped red peppers, small head cabbage, two stalks celery, one tablespoon celery salt, one cup sugar, three pints vinegar, two tablespoons salt, one-quarter pound Coleman's mustard. Cut corn from cob, add rest of ingredients. Boil twenty minutes.

Mrs. Bradley Buell.

PEPPER RELISH

One dozen green peppers, one dozen red peppers, one dozen large onions, chopped medium fine. Pour boiling water over peppers, let stand ten minutes, drain, mix with the onions. Add two tablespoons salt, two and one-half cups sugar, one quart cider vinegar. Boil for one hour. Seal tight.

Mrs. Charles J. Tonk.

LEFT-OVERS

BREAD GRIDDLE CAKES

One and one-half cups fine bread crumbs, one and one-half cups scalded milk, two tablespoons butter; two eggs, one-half cup flour, one-half teaspoon salt, three and one-half teaspoons baking powder. Add milk and butter to crumbs, soak until crumbs are soft; add eggs well beaten, flour, salt and baking powder sifted. Cook as other griddle cakes.

Mrs. Henry A. Obermann.

BREAD OMELET

This is easier to make than any other kind, and is delicious. Fill a cup with bread crumbs, and pour in milk until it is full. When soft, put in pan, add four eggs, which were beaten slightly. Beat all together with egg beater until the whole mixture is smooth. Season with salt and pepper and cook in the usual fashion.

Miss Allie F. Armstrong.

CHEESE STRAWS

These can be made from left-overs—dry American cheese, and pie crust left over from making a pie. Grate the cheese, and season rather highly with salt and a few grains of cayenne. Roll the pie crust out thin, sprinkle thickly with grated cheese, roll up like a jelly roll, pat flat with the rolling pin, roll out again, sprinkle with more cheese, and repeat until impossible to manipulate the dough.

Roll out about a half inch thick, and cut with a silver knife into strips about four inches long and one-half inch wide. Lay these in pans, and bake in not too hot an oven, as they burn easily. Serve with salad.

Mrs. S. D. Snow.

CHICKEN À LA KING

Marinate two cups of stewed chicken, cut in small pieces, in French dressing for one hour, then drain. Cook two tablespoons butter with a small green pepper and one-half teaspoon grated onion. Rub two tablespoons flour smooth into two tablespoons butter. Heat one cup milk and when at boiling point add butter and flour, stirring until quite smooth, then add beaten yolks of two eggs and three-fourths cup cream, a few drops of lemon juice and a little of the grated rind, salt to taste and a dash of paprika. Cook this mixture in double boiler until quite thick, then add chicken and one cup mushrooms. When all is quite hot pour into baking dish, cover with bread crumbs and put under broiler flame a few minutes to brown crumbs. Serve with triangles of toast.

Mrs. Fred P. Pool.

CORNED BEEF HASH

To twice the quantity of corned beef add half the amount each of potatoes and beets, all of which have been cooked and turned through the grinder. Add cold water enough to moisten well and place in a skillet over a slow fire. Stir frequently to prevent a crust forming, since beets become bitter when browned. Serve on hot platter.

Mrs. F. H. Gansbergen.

CURRY

Put two tablespoons of butter or dripping in skillet or frying pan. Add one small onion, cut up fine, one small sour apple, cut up fine. Cook tender. Add one level teaspoon of curry powder, mix. Add one and one-half cups water, stir till cooked smooth. If too thick, add more water, season with salt. Then add a pint or less of chopped meat, cook for five minutes. Serve in border of boiled rice.

Mrs. Louis J. Hotchkiss.

ESCALOPE ROYALE

Eight hard-boiled eggs, separate whites and yolks, one pound of cold boiled ham, ground. Four soda crackers or same amount of bread crumbs. Make a cream sauce of one pint cream, one pint milk, little butter and flour to thicken. Put in layers and bake one-half to three-quarters of an hour.

Mrs. Frank W. Werner.

DISH TO UTILIZE LEFT-OVER FISH

Make sauce of two level tablespoons butter, two level tablespoons flour, one-half cup cream, one-half cup milk, season. Add one pint flaked fish, one yolk, beaten. Put into buttered dish, or individual ones, crumbs on top. Bake in dish of water one-half hour or longer.

Miss Elizabeth E. Church.

FISH EN COQUILLE

Pick up left-over of any cooked fish—whitefish is especially good. Make a thick cream sauce, put in fish and allow to stand till cold. Fill the little coquille shells, which can be bought in the hardware section of any store, cover with

grated bread crumbs, season lightly, dot with butter and brown under the gas in the broiler. Serve with this little sweet cucumber pickles or piccalilli.

Mrs. S. D. Snow.

CREAMED HAM

Put one tablespoon butter and one tablespoon flour in saucepan, blend over fire, then add one cup of milk. Season slightly, add ham, cut in small pieces. Use more seasoning if necessary. Serve with freshly boiled rice or hominy.

Mrs. Louis J. Hotchkiss.

HAM PATTIES

One cup fine chopped or ground cooked ham, one-half cup bread crumbs, one-quarter cup milk, one teaspoon melted butter, salt and pepper to taste. Mix ham with bread crumbs and seasonings, add melted butter, moisten with milk. Half fill buttered gem pans or patty pans with the mixture. Break one egg carefully on top of each, sprinkle with salt and pepper and cover with fine bread or cracker crumbs. Bake about eight minutes in a brisk oven. Serve at once.

Mrs. Louis J. Hotchkiss.

POTTED HAM

Nice scraps from a boiled or baked ham; there must be no hard pieces. Chop all very fine, first through medium knife of grinder, then through the finest. Rub to a paste, and to each cupful add one-quarter teaspoon dry mustard and a few grains of cayenne. If very dry, add melted butter or ham fat. Press tightly into small earthen or porce-

lain lined cups, set cups in pan of hot water, cover with a thin layer of melted fat, then cover tightly, put in oven and bake one hour. Allow to get cold, then cover tops with paper. Use for sandwiches or sliced thin. This will keep well in a cool, dry place. Tongue or fish may be prepared the same way.

Mrs. S. D. Snow.

HAM SOUFFLÉ

One cup cooked chopped ham, one cup white sauce, four hard-boiled eggs. Chop whites and add to sauce. Add chopped yolks to meat. Put all together in greased bread tin. Sprinkle one cup of buttered bread crumbs on top. Bake fifteen minutes.

Mrs. E. B. Whitfield.

BAKED HASH

Meat may be left from steak, pot roast, veal roast, veal or mutton. To a pint of chopped meat add one-half the quantity of moist bread crumbs, season with salt and pepper. To give different flavor onion may be used, or celery, or sage. Put into casserole, add more milk and bake twenty minutes or more.

Mrs. Louis J. Hotchkiss.

HASH
(But Don't Tell!)

Take finely ground cold hash, add a little chopped parsley and a small amount of lemon juice. Form into croquettes, dip in egg, then in cracker or bread crumbs. Fry in hot lard and put on brown paper to absorb grease.

Pour over them, when nicely arranged in dish, white sauce, in which is sliced boiled eggs.

This is my own invention, so of course, I do not recommend it.

Mrs. E. M. Landis.

LAMB TERRAPIN

Two cups cold lamb, diced, two tablespoons butter and one of flour, cooked together; add one cup of stock and one-half cup of cream. Now add meat, one teaspoon French mustard, one tablespoon Worcestershire sauce, two hard-boiled eggs, cut in pieces, two tablespoons Sherry wine. Season to taste. May be served in pastry shells, or on toast.

Mrs. J. M. Coen.

MEAT CROQUETTES
No. 1

Season one cup chopped cold meat with salt, celery, cayenne, lemon and onion juice. Moisten with following sauce and cool.

Sauce: Melt one and one-half tablespoons butter, add three tablespoons flour, add gradually one-half cup milk. Season. Shape into balls and fry in hot fat.

Mrs. Frank W. Werner.

MEAT CROQUETTES
No. 2

One cup chopped cooked meat, three tablespoons butter, one-half tablespoon salt, one-half cup cream, one-half cup stock, one-half cup stale bread, one egg. Flavor to taste. Mix ingredients and cook a minute. When cold mold, egg and crumb, and fry in deep fat.

Miss Margaret Dawes.

MEAT PIE

Meat may be left from steak, pot roast, veal roast, veal or mutton. Cut meat in small pieces; if there is gravy use it, if not make a white sauce of a tablespoon butter, a tablespoon flour, blended, and a cup of milk. Season sauce well with salt and pepper. Add meat and cook a few moments so meat may flavor sauce.

Make a crust of a cup of flour, sifted with level teaspoon baking powder, level tablespoon lard and one-half teaspoon salt, moisten to consistency of biscuit dough and roll out to fit the casserole. Put meat and part of gravy in casserole and dough over. Bake one-half hour.

Mrs. Louis J. Hotchkiss.

SOUR MEAT

Brown a heaping tablespoon of flour in a frying pan over a not too hot fire, and stir into it enough soup stock (or water) to make it of the consistency of a rather thick cream sauce. Then add four tablespoons of good cider vinegar, three tablespoons sugar, a walnut of butter, salt and pepper to taste, a tiny bit of bay-leaf, and a couple of cloves. Cook in this sauce a finely minced onion. Add to this sauce boiled beef, cut in slices, or meat balls; bring to a good boil and it is ready to serve. Any tender left-over meats may be used.

Mrs. B. F. Bullard.

LEFT-OVER POTATOES

Cold baked potatoes are the most difficult to dispose of. They are sometimes a little bitter near the skin. Peel them, chop fine, put in bowl, and to each cupful of potatoes add one teaspoon flour, salt and pepper to taste. Mix well and put into saucepan with just enough milk to cover. Boil

up, stirring constantly, and set aside till needed. Heat an iron skillet, put in enough lard or drippings to cover the bottom, turn in the potato mixture, spread it out thin, and brown slowly. Fold over, as you would an omelet, and serve. Cold creamed or scalloped potatoes can be used the same way.

Mrs. S. D. Snow.

RISSOLES

Meat may be left from steak, pot roast, veal roast, veal or mutton. When there is pie crust left, roll it out thin and cut the size of a saucer. Make a plain hash of chopped meat and seasoning, onion if desired, cool, and place a good-sized tablespoonful on each round of pie crust. Fold over like a turnover, press the edges lightly. Place in baking pan and bake in quick oven fifteen minutes. Serve with white sauce.

Mrs. Louis J. Hotchkiss.

CREAM OF CHICKEN SOUP

The bones of a boiled or roasted chicken. If there is some meat or gravy which can be added, so much the better. Cover bones with cold water, slice a medium sized onion and a few stalks of celery, and simmer for two or three hours, or longer. Strain off liquid, add an equal quantity of milk, and to one quart of soup add, when boiling, a paste of one teaspoon Penang curry powder, one teaspoon salt, two teaspoons flour, stirred with three teaspoons butter, or chicken fat. Boil for ten minutes, and serve with a spoonful of whipped cream on top of each cup. Rice may be added.

Mrs. S. D. Snow.

SOUP FROM LEFT-OVERS

It is always a problem to know how to dispose of the small left-overs of meats and vegetables. Here is where the purée sieve is worth its weight in gold and saves its small cost many times over. It is a round wire sieve, with handle and hooks, to fit over the pot, and is accompanied by a metal masher to force the food through sieve. There are numberless uses for this utensil. Save all good food, no matter how small the quantity, for two or three days. Then heat it, if possible, in the water in which some vegetable has been boiled, which you have saved for the purpose; pass while hot through the sieve, reduce by boiling, if necessary, add an equal amount of milk, thicken slightly if a cream soup, season if necessary, and serve. Whipped cream on top, with a sprinkle of chopped parsley, makes a company dish. Do not be afraid of mixtures, and sometimes a little chopped onion improves the flavor, cooked with other ingredients before straining.

Mrs. S. D. Snow.

MOCK TERRAPIN

One and one-half cups cold cooked chicken, or veal, cut in dice. One cup white sauce. Yolks of two hard-boiled eggs, finely chopped. Whites of two hard-boiled eggs, chopped. Three tablespoons of Sherry wine. One-quarter teaspoon salt. Few grains cayenne. Make the white sauce of two tablespoons butter, two tablespoons flour, one cup milk, one-quarter teaspoon salt. Melt butter, add flour, stir till it bubbles, add milk, stir till cooked smooth. Add chicken, yolks and whites of eggs, salt, cayenne. Cook two minutes and add wine. (The wine is not necessary for a good dish, but does give a fine flavor.)

Mrs. Louis J. Hotchkiss.

TOASTED CHEESE FINGERS

Cut slices of bread one-half inch thick, cut off crust and cut in strips. To one-half pound American cheese, grated, add one egg, beat together, season with salt to taste, pile on bread, add dash of paprika, and toast under broiler. Serve hot.

Mrs. B. D. Warner.

TURBOT À LA CRÈME

Use what is left from the baked whitefish. Remove bones. Make a sauce of a pint of milk, a few sprigs of parsley and a slice of onion. Simmer until well flavored. Thicken with flour, mixed thoroughly with water, and stir in with butter the size of an egg. Season with one teaspoon salt and one-quarter teaspoon pepper. Alternate fish and sauce in a baking dish, cover with rolled cracker crumbs and brown in a moderate oven.

Miss Allie F. Armstrong.

USES FOR STALE BREAD

There are more uses for dry bread than there are for fresh bread. Do not throw good bread away or allow it to spoil in the breadbox. Where pieces are large enough, trim off crusts and cut into dice or long or triangular pieces. These can be dried on a plate in the oven, putting them in after the gas has been turned off. They will keep indefinitely in a pasteboard cracker box in a dry place. Use the dice for croûtons in soup; the fingers or triangular pieces instead of toast for a garnish for meats or stews. If something a little more crisp is liked, butter just before using and stand in oven till a golden brown. The trimmings, crusts and other pieces should be dried in the oven (leftover toast can be used, if it is not buttered or burned),

and put through the food chopper, using the finest knife. These are an improvement in taste and appearance to many dishes. They are used for breading cutlets, croquettes, etc., and have the advantage over cracker crumbs of not absorbing grease to the same extent. If a very delicious covering is wanted for any "au gratin" dish, put a level teaspoon butter on a plate, melt in oven, then stir in all the crumbs the butter will take. Place again in the oven till a golden brown. Cover the dish with this and stand again in the oven just long enough to heat through.

MRS. S. D. SNOW.

VINEGAR

Good vinegar may be made from peelings and residue after canning by placing the pulp in a clean crock, cover with water and add about one-quarter vinegar with bacteria culture or "mother" in it. Cover closely and let stand about a month, stirring frequently. Strain and bottle.

MRS. S. D. SNOW.

MISCELLANEOUS

CANDIED ORANGE STRAWS

Boil for ten minutes in salted water, thinly peeled orange rinds, cut with sharp knife or scissors into straws about one-half inch wide.

Drain, and boil in fresh water until transparent. Drain again. Have a heavy syrup of one-half cup sugar and one-half cup water, boiled for four minutes; put in the drained orange straws, and stir until well coated. Dip out with fork on oiled plate, and when cool roll in granulated sugar.

The water in which the peels were cooked, with the addition of some juice, makes a good pudding sauce or jelly. Add left-over syrup from straws.

Mrs. S. D. Snow.

DATE COFFEE

Put one-half pound dates through food chopper, pour one cup hot water on them and let stand an hour, then mix with one quart hot milk.

Mrs. E. T. Cooke.

FONDANT

White of one egg, six tablespoons of sweet cream. Stir in confectioner's sugar until it is a soft mass which can be handled without sticking to the fingers. This is the foundation for many varieties of candy.

Mrs. Martin Madson.

EGG-NOG

Separate yolk and white of a very fresh egg. Put yolk in large china bowl with one and one-half teaspoons sugar, and any preferred flavor, Sherry is best, but lemon juice, vanilla, or orange juice are good. Do not use too much. Add a tiny pinch of salt to the white, and beat to an absolutely dry froth. Combine this with the flavored yolk, and beat until thoroughly mixed. Grate nutmeg or cinnamon on top, if liked, and serve at once.

This may have one cup rich milk added, when fruit juice is not used.

MRS. S. D. SNOW.

FATS

Fat is the greatest of energy foods. It gives us endurance, and consequent ability to resist disease. Plain fat is most unpalatable, but properly seasoned, quite the reverse. It must be cooked at a comparatively low temperature. Its boiling point is higher than that of water, but its melting point is much lower than the boiling point of water.

The chief reason why deep fat frying is considered so objectionable from a dietetic standpoint is because of the careless or ignorant cook. It is not wise to serve such foods too frequently, but no one can deny that their occasional appearance is welcome.

The best fat for deep fat frying is a combination of beef fat and leaf lard or all beef fat. This is heavier than plain lard or the vegetable cooking oils, consequently does not penetrate the article cooked in it to the same extent. With proper care, it will keep indefinitely, and will not hold flavors. Procure two pounds of beef fat (it should not be kidney suet), and one pound unrendered leaf lard.

Wash clean, skin, cut in small pieces, put in iron pot, or Dutch oven, cover with cold water, and cook over a low fire for two or three hours. It should then be completely tried out. Take from the fire and strain through a fine sieve or a cloth. This can be used indefinitely for deep fat frying if the straining process is repeated after use, and care taken not to burn it in the using. It is hot enough as soon as a blue smoke rises from the surface, and should not be allowed to get any hotter. Keep covered in a cool place.

It is a great convenience to have this ready at any time.

Mrs. S. D. Snow.

GRAPE JUICE

Wash and pick from the stems, Concord grapes. One basket at a time is easiest to manage. Cover with cold water, and put over the fire in granite preserving kettle. Cook, but not hard, till the seeds separate, and settle to the bottom. Strain through a jelly bag, squeezing quite hard, and return to the fire, boil up, sweeten to taste, a little sweeter than is agreeable while hot. Have ready root beer bottles, well sterilized and hot. Have them standing in hot water, by the side of the kettle of hot juice. Fill the bottles through a sterilized funnel, very carefully at first, so as not to crack. Fill to overflowing, and immediately lay the top of the bottle over the juice to exclude the air; as the juice condenses, which it will do in a few moments, push the stopper further down, till it can be fastened. This must be done as soon as possible, but not too soon, or the bottom will be pushed out of the bottle.

Mrs. S. D. Snow.

MARSHMALLOW CRACKERS

Put one-half marshmallow on a saltine cracker, put butter size of a pea on top of the marshmallow; set in medium hot oven until the marshmallow melts and is browned slightly.

Mrs. Charles J. Tonk.

TO PREPARE FRESH COCOANUT

Cocoanut has great food value. The easiest way to prepare is to puncture two of the three eyes at one end, let the milk run out. Crack the shell, and score the meat through to the shell with a sharp paring knife, when it may be lifted out in cubes. Pare off inner shell, and drop pieces into cold water. Put through food chopper. It is then ready to use. Dried, and mixed with half its content of sugar, it will keep well, but is best when fresh and soft.

Mrs. S. D. Snow.

TO PREPARE NUTS DAINTILY

Shell, blanch and dry the nuts. Glacé by dipping them in the unbeaten white of an egg. Sprinkle with fine salt and roast in oven until brown, stirring frequently.

Mrs. John Sutcliffe.

SUGARED HAZEL NUTS

Two cups light brown sugar, one cup hazel nuts or quartered filberts, three-quarters cup water. Boil sugar and water till it forms a soft ball when tested in cold water. Remove from fire, add nuts, and beat until it

begins to granulate. When cool enough to handle, break the nuts separately.

Mrs. Alexander McLean.

WHEN PLANNING A SOCIAL

Proportions for Social: Many women have no idea what quantity of provisions will be required for a Social. The following rule is one that is definite and a good one to keep. To serve fifty persons: Five loaves of home-made bread, two pounds of butter, four pounds boiled ham, for sandwiches. Two pounds of coffee, one pound of loaf sugar and two quarts of cream for coffee, and seven loaves of cake will be sufficient.

Mrs. John Sutcliffe.

CLEANING FLUID

One quart deodorized benzine, one ounce alcohol, one-eighth ounce bay rum, one eighth ounce ammonia, one-eighth ounce chloroform, one-eighth ounce ether, one-eighth ounce oil of wintergreen, one-half dram borax. Filtered.

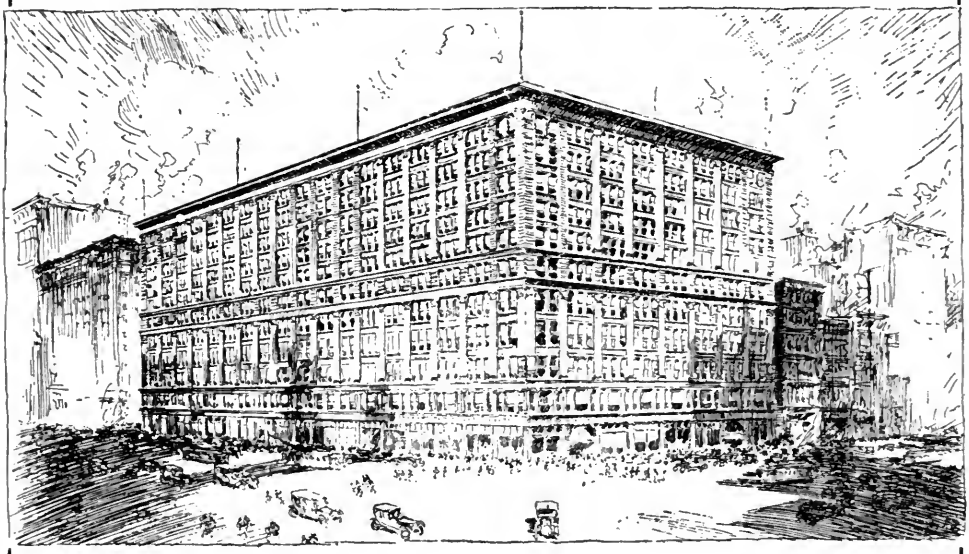
Mrs. John R. Hollister.

ESTABLISHED 1875 BY E. J. LEHMANN

THE FAIR

The Store of To-Day and To-Morrow

STATE, ADAMS & DEARBORN STS. PHONE PRIVATE EXCHANGE 3



We Grind Whole Wheat

COME to our Seventh Floor Grocery Section and select your own whole wheat; then have it ground in our department with the old fashioned mill stone. You may choose either fine, coarse or medium wheat and have it ground to your order.

We use only the choicest, hard, clean wheat—and

One Pound of Wheat Makes One Pound of Flour

Milk Should Be Given Its Place in the Properly Balanced Meal

IN but one instance has Nature set out to furnish something intended first and only as food, and that one article is milk.

You, with every member of your family, should drink more milk. This ideal food contains proteid, sugar, fat and various salts, the elements needed to support human life.

First learn the quantity of milk your particular case will assimilate, then consume this quantity regularly, and where necessary make up the added cost by using less of something else. You are sure to be agreeably benefited by reason of the greater food-value this muscle-building, energy-providing, life-sustaining food carries.

When you drink

BORDEN'S MILK

you have the pleasing satisfaction of knowing its purity is carefully guarded at every step, that it reaches you clean, fresh and wholesome, and by reason of the care in its production and preparation it is uniformly good and of superior flavor.

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